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weet soul food. An American tradition that's fabulous blend of Southern, West Indian, French reole, and African foods.

Sweet because of the syrup that swirls through e black-eyed peas. That glazes the candied yams. hat even goes into the sweet potato pie. he Log Cabin® brand that has been around this untry since 1887. And great Black cooks, creative they are, no doubt have discovered w the special taste of Log Cabin fits right into their ay of cooking.

Soul because of the love. The care. The long urs of preparation. The wisdom knowing how to please. ne ingenuity of knowing how to ake superb dishes out of whatever as on hand, which is e secret of great cooking traditions erywhere.



If you want to know what es into the cookery of a sweet soul cnic, here's an idea. all begins the night before. Talk out preparation! The family would get together in andma Ella Jackson's big kitchen. There'd be lots greens to wash. Lots of yams to be peeled. ts of chicken to cut. And lots of black-eyed peas to ak. Grandma's kitchen was a aseless hive of activity in preparation for the day ead. The great sweet soul picnic. A classical uthern feast.

Here are some great soul food recipes from the g Cabin kitchens, beginning with the most classic all, Southern Fried Chicken.

g Cabin and the Southern Fried Chicken

Dip 3-lb. frying chicken pieces in ½ cup g Cabin Syrup; coat with 1 cup seasoned purpose flour; then sprinkle with remaining flour l set aside 15 minutes. Fry chicken, a few pieces a time, in ½ inch of hot shortening (half ter and half vegetable shortening) in large skillet, il golden brown. Place in shallow king pan; bake at 350° for 30 minutes, or il tender. Garnish. Makes 4 to 6 servings. *te:* Recipe may be doubled.

Throughout Black homes in this ntry, black-eyed peas are traditionally ved on New Year's Day as an assurance of d luck for the coming year. called Hoppin' John. Of course, it's not only ved on New Year's Day. ck-eyed peas are a staple in soul food cooking and are served throughout the year. No matter what the occasion. Like for the soul food picnic. The black-eyed peas are baked with pork and sweetened with Log Cabin.

Log Cabin and the Baked Black-Eyed Peas

Soak 1 lb. dried black-eyed peas in water overnight; drain. In large saucepan combine ½ lb. salt pork and enough water to cover. Bring to boil; simmer 1½ hours. Drain, measuring broth; add water to make 4 cups liquid. Combine peas and measured liquid in saucepan; top with pork. Bring to boil; simmer 30 minutes. Stir in 1 cup catsup, 2/3 cup Log Cabin Syrup, 2 tbsp. vinegar, 2 tsp. salt, and ¾ tsp. dry mustard. Pour into 3-qt. casserole. Bake at 350° for 2 hours. Makes about 10 cups or 10 servings.

The only way to end a really great picnic is to serve a really great dessert. And what dessert could have more soul than sweet potato pie?

Log Cabin and the Sweet Potato Pie

Combine 2½ cups mashed cooked sweet potatoes (about 4 medium), ¼ cup sugar, and ¼ cup softened butter; gradually beat in 2/3 cup Log Cabin Syrup. Add 3 eggs, one at a time, beating well after each addition. Blend in ¾ cup milk, then ½ tsp. salt, ¼ tsp. *each* nutmeg, allspice, *and* cinnamon, and 1 tsp. vanilla. Pour into 1 unbaked 9-inch fluted pie shell. Bake at 425° for 10 minutes; then at 325° for 1 hour. Cool.

Soul food was born in the homes of Black cooks. And because recipes were seldom written down, a young girl learned from experience by watching her mother and grandmother. As she grew older she instinctively added her own little touches. Thus making soul food what it is today.

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Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Marca Registrada en Mexico, Marca Registrada en Cuba. Trademark registered in Canada. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions.

Subscription Inquiries and Changes of Address: Write to Subscription Information Dep Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336 and be sure enclose an address label from a recent copy. Please give us five weeks notice prior to yo change of address. **Subscription Prices:** one year $4, two years $7, three years $11 to th United States and its possessions. Canada, add $1 per year. Pan-American countries, ad $2 per year. Other countries, add $3 per year.

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Hint #2: Use Frozen Fruit. *Dissolve a 3-ounce package of Jell-O in 1¼ cups boiling water. Add 1 package Birds Eye® frozen fruit. Stir gently until fruit separates. Chill until set. Ready in 30 minutes.*

Hint #3: Use Blender Method. *Empty a 3-ounce package of Jell-O into blender. Add ¾ cup boiling water. Cover; blend 30 seconds to dissolve gelatin. Add 1½ cups crushed ice. Cover; blend until ice is melted—about 30 seconds. Chill in small dishes. (This dessert forms a chiffon top layer and a clear bottom layer.) Ready in 10 minutes.*



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Your home is still where our heart is

This month marks the 50th Anniversary of Better Homes and Gardens. No, it's not mentioned on the cover, and this isn't a special issue looking back over 50 years of wonderful houses, beautiful furnishings, and great foods. In fact, if you had skipped over this page, you would have missed any mention of the 50th Anniversary.

And quite honestly, you would not have missed so much.

We will publish a 50th Anniversary celebration Christmas issue this year with more color pages than ever and hundreds of ideas—but even that is not really a commemorative issue. You won't find much looking back to Christmases past. Instead, the magazine will, as always, concentrate on making *this* Christmas joyful and meaningful.

Why haven't we seized this opportunity to travel backward on the great Nostalgia Express? The answer is simple. While there are surely lessons to learn from the past and values that should endure, we don't believe your interest or ours would be well served by examining life as it used to be. After all, you live in the present, and hopefully you look to the future. Better Homes and Gardens wants to share both present and future with you, and we believe that's possible only as long as we stimulate *new* interests and *new* ideas for your home and family.

In 1947, the Editor of Better Homes and Gardens commemorated the 25th Anniversary of the magazine with an editorial entitled, "Your Home Is Where Our Heart Is."

That editor noted many problems of the time: an increasing divorce rate, juvenile delinquency, a breakdown of parental influence, increasing crime, and the general threat to the American home and family.

Not much has changed. These problems, plus others, still exist. Yet the family—with all its changes and challenges—endures as the basic foundation of our society.

And we sincerely hope our magazine does its part in the preservation of home and family as the center of many worthwhile lives.

How? Let me again quote that earlier editor:

He suggested that "you don't save the American family by ranting that it must be saved; you save it by inspiring a better home and a better family built around rich, mutual interests. You save it by focusing on all the important little things of life that together become so vital and so big."

Essentially, that's still what Better Homes and Gardens is about. True we have expanded our editorial coverage beyond the original basics of houses, gardens, food, and furnishings—but we have expanded it only as the nature of American family life has expanded. We also have published editorials on what might be called "social issues," such as the environment, taxes, the draft, the high cost of schools. But the careful reader will note that we approach these issues always in context with home and family.

Most of our pages, though, are still devoted to the vital little things. And perhaps they are even more necessary today than in the "roaring twenties" when BH&G was founded. At that time, E. T. Meredith, ex-Secretary of Agriculture, publisher, editor, and a man of great vision, felt the need for a magazine concentrating on the joys of home. In 1922, he introduced *Fruit, Garden and Home*. It was the same year *Reader's Digest* was started and one year before *Time*. The name became *Better Homes and Gardens* in 1924.

In those days, we published a great deal about raising chickens in the backyard and growing vegetables. Later, during World War II, Better Homes showed people how to plant victory gardens, and featured recipes that made the best of food rationing. After the war, millions of G.I.s came home with dreams of owning their own homes, having families, and living happy lives far from the battlefield. Better Homes was ready to help with those dreams.

Whenever families have needed ideas and information, this magazine has been there with house plans, recipes, financial advice, room arrangements, remodeling plans, shopping tips, landscaping plans, vacation suggestions, sewing patterns, baby and child care help, hobby and craft kits, health facts, and all the other "little things."

We've tried to lead, too, with new concepts to make home life better and more enjoyable. The whole idea of family rooms got much of its thrust from these pages. The interest in outdoor cooking was given great impetus by our food editors. Thousands of better houses were built because we influenced builders—and buyers—to make them better. Thousands of other homes were improved because we helped convince homeowners—and lenders—that it was worth the investment many times over. Recently, we've made major efforts to eliminate the old row-on-row subdivision concept and replace it with housing developments that make better use of the land and give the homeowner more living value. I could mention many other ways we try to be a more helpful magazine to you, our reader—but that's enough horn blowing for now. In fact, that's probably enough to last another 50 years.

So I'll end with this: When Better Homes and Gardens was two years old, E. T. Meredith wrote: "In spite of all the attacks and sneers . . . the home is the starting place in our whole social organization. If it is made to breathe all the finer aspirations which men may cherish it will do more to make this life a paradise than anything else." That is still our greatest purpose.

James A. Autry, Editor



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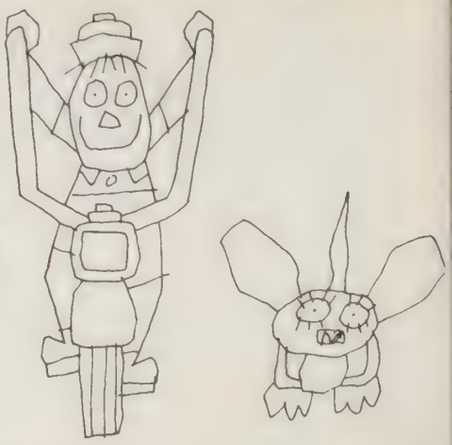
ɔ. skinned fish fillets	4 lemon slices
up chopped onion	2 tsp. salt
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ups chopped tomato	1 lb. deveined shrimp
ans condensed	1 dozen clams
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t fish fillets into large pieces. Sauté onion
d garlic in margarine. Add tomato, broth,
ɛrry, lemon and seasonings; simmer
covered 30 minutes. Add fish, shrimp and
ms; simmer 15 to 20 minutes or until clams open.
ɔ with Kraft Grated Parmesan. 4 to 6 servings.



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How to bicycle sensibly and safely



Bicycling has a lot going for it. It doesn't require great athletic prowess, and age is no factor. You can ride alone, with family in tow, or with other bike enthusiasts; you can ride where you must go, or simply where you want to. You don't need a collection of equipment or special attire to enjoy it. All you need is a bicycle, the desire to ride it, and a commonsense approach to a healthful activity.

Built-in health benefits

As a form of exercise, bicycle riding ranks with the best. To begin with, it develops and strengthens body muscles. When you ride, not only your leg muscles, but the muscles in your arms, back, shoulders, abdomen, and diaphragm (which is the main muscle of breathing) are all activated. Putting the leg muscles to good use is particularly beneficial because they are the largest "pump" muscles in the body and play an important role in keeping the blood circulating up from the lower part of the body. Good circulation, of course, aids the heart in its work and helps keep arteries open and supple.

Of seemingly equal importance to bicycle buffs is the feeling of emotional well-being they derive from the sport. It's a good way, they say, to fight the doldrums and work off the effects of a tension-filled day at the office or around the house. "If more of us rode bikes," says Dr. Paul Dudley White, a famed heart specialist who rides regularly himself, "we would see a sharp reduction in the use of tranquilizers and sleeping pills."

Finally, a word on weight control. Mild cycling burns up five calories a minute; vigorous cycling, which gets you up hills, uses up twice as much.

Sensible cycling

Hopping on a bicycle once in a while and pedaling away as fast as you can to the corner drugstore will do much more for you than get you there in a hurry. And to take full advantage of the health benefits that bicycling offers, you should ride on a regular, if possible daily, basis. But unless you're an experienced bicyclist accustomed to strenuous exercise, go easy at first. Begin by leisurely covering short distances, perhaps a mile or two, for a couple of weeks. You can build up your cycling stamina by adding two or three miles each week to your daily rides. If a checkup indicates your physical condition is good, ten miles or so of bicycling (about an hour's ride) each day should keep you trim and fit without taxing your strength.

If you can manage to stay out of traffic and congested areas when you ride, so much the better. Many communities, even several large cities, have mapped out bikeways along secondary roads and scenic routes that permit bicyclists to enjoy a bit of greenery while escaping pollution-ridden streets. For information about bicycle trails in your vicinity, contact your local recreation department or chamber of commerce.

To avoid undue fatigue and muscular strain, make sure the bicycle you ride fits you. If it has a horizontal bar, you should just be able to straddle it with both feet flat on the ground. The seat should be at a height that almost lets you straighten your leg when your foot is on the pedal in its lowest position. The handlebar post should be about as high as the seat, and adjusted to the point where the handgrips are within easy reach.

When it comes to how much you actually benefit from your ride, the way you go about it can make a big difference. According to expert cyclists, the best way is to ride with shoulders steady and knees parallel to the bicycle frame, to "ankle" properly (the foot should turn down on the downstroke and up on the upstroke, pivoting from the ankle), and to pedal rhythmically with the ball, not the arch, of the foot on the pedal.

Bicycling isn't, or at least shouldn't be, hard work. Complete ease of riding comes with

tice, of course, but keeping following suggestions in l can also contribute to your ng comfort and skill:

ear clothes that allow you lom of movement, and light- ht shoes, such as low sneak- or bowling shoes. Don't wait come overheated to remove outer clothing, and don't to become chilled before add some. Bundling up is m necessary, as the exercise iding quickly warms the .

n't start out on a full stom- —or on an empty one either. don't start out at all if re feeling under par.

nserve energy by resisting temptation to pedal faster n you're headed into the l. To minimize its effect, down instead.

ce yourself as you go. Re- ber, you'll have to pedal way back over the ground cover. If you overextend self early in the ride, or go far, the return trip might out to be a hassle.

you do become tired, don't s on. A ten-minute break, e you stretch your legs or y a light snack, can help you up again. On longer s, take time out to rest at every hour, especially if re riding in the heat of the

ne safety tips

the driver of a vehicle, a bi- e rider is expected to obey rules of the road and ob- e all traffic regulations, in- ling signaling turns and stops in advance. In addition, bi- ists must stay as far to the t as possible, and ride with flow of traffic, except in a states where the opposite is scribed. To keep your bicycl- as safe as possible, follow ie rules.

fever take passengers on a /cle built for one. Even a ll child can obstruct your v and make it hard for you maneuver and stop, not to ntion the danger of a spill or nall foot being caught in the kes of the wheel. The safe / to carry a youngster, of rse, is in a securely attached cial seat at the rear.

Keep a constant check on bi- le parts, particularly the tires l brakes. They're no less im- tant to your safety than the s and brakes on your car.

Watch ahead for hazards like rocks, ruts, bumps, and slippery spots on the road; this gives you time to avoid them or slow down to a safe speed without suddenly swerving or jamming on the brakes.

- Avoid riding on city streets where parking is prohibited; there simply isn't room for you between moving traffic and the curb. On streets where parking is permitted, however, watch for car doors on the driver's side opening in your path.
- For after-dark safety, equip your bicycle with rear and front lights that are clearly visible at least three blocks away. For added protection, wear clothing that is either light in color or made of phosphorescent material. Check for light-reflective garments at any safety supply store listed in your telephone book. ■

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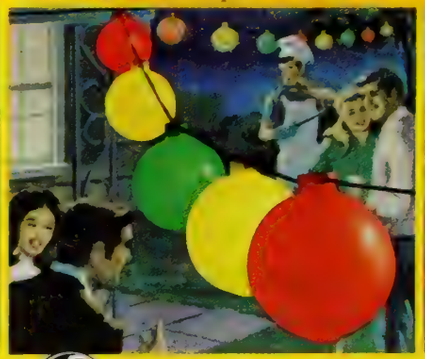
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Electric Fry Pan

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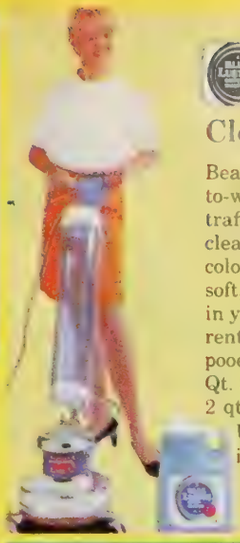
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HOW CAN YOU CUT DOWN DUTY CHARGES?



Now that the dollar has been devalued, it's going to cost you more when you shop in most foreign countries. Here are a number of smart-traveler tips to minimize duty charges on purchases you bring back.

What can you do before you leave?

If you are taking any expensive foreign-made articles like cameras, watches, jewelry, binoculars, or furs, you may need proof of prior possession when you return home. Register the items with the nearest customs office before going on your trip. Or take along bills of sale, repair receipts, cleaning receipts, or insurance policies on the items.

Also get a copy of "Customs Hints" and "Rates of Duty" from your local customs office or the U.S. Customs, P.O. Box 7118, Washington, D.C. 20004.

How much can you buy duty free?

You and every member of your party—youngsters included—are permitted a $100 exemption, figured at the retail value of goods bought abroad. There is no duty on antiques over 100 years old, religious and educational items (if for the exclusive use of established religious or educational groups), books, works of art, or stamps.

Members of a family who live in the same household and return together can combine exemptions. A family of four can bring in articles valued at up to $400 duty free even if one member's purchases exceed $100.

If you bought less than $100 worth of merchandise at $100 retail value, you may be permitted to make an oral declaration when going through customs. If you bring back more than $100 worth, you must file a written declaration, listing all items. The customs inspector will figure your $100 retail-value exemption, then charge you duty on the wholesale value of items beyond that amount. He always will keep your duty low by placing the highest duty items under your exemption and assessing duty on the lower rated items.

You must declare gifts or newly bought items that you are wearing. The customs people will make allowance for depreciated value.

What proof do you need?

Keep all sales slips when you shop. Have them handy, even if you're only making an oral declaration.

Don't think you can fool the customs inspector, either. A fast-talking shopkeeper may try to persuade you to buy something more expensive, with the promise of faking the sales slip so you can escape duty. However, customs inspectors are trained to know the value of most items. They'll probably spot phony bills.

What are the smart ways to buy?

Sometimes you can save money on purchases, even though you have to pay some duty. Before you go on your trip, find out what specific items would co at home. When you're shop ping abroad, figure the foreig price plus duty rate (check th government guide), and con pare to the U.S. cost. Ofte you'll still save on things suc as bone china or cameras.

What about liquor and cigarettes?

Anyone over 21 can bring in one quart liquor duty free. You must pay duty and in ternal revenue tax on whatever addition liquor you bring in. Still, it might be wort buying more bottles and paying the extr charges. The duty on champagnes, for exan ple, is $1.17 per gallon, and the Internal Rev nue Tax runs from $2.40 to $3.40 per gallo That's about 90 cents to $1.10 extra per quar A good retail price might still warrant th purchase. Many liquor stores in foreign cou tries have price lists showing the exact tax an duty costs on various buys.

You can bring back as many America cigarettes as you like. The cost is about $2.5 a carton—if you buy them in duty-free shop

Are there duty-free countries?

Not really, but if you return directly or in directly from the American Virgin Island Guam, or American Samoa, your customs e emption is $200 of retail value—provided n more than $100 of this exemption is applie to articles obtained elsewhere than in the islands. You also are allowed to bring in gallon of liquor from these countries as pa of the $200 exemption, if not more than or quart was obtained elsewhere.

Most international airports have "duty free shops." You still pay duty if you're ov your limit. But you will find especially lo prices for liquor, cigarettes, and perfumes, an often linens, watches, woolens, or camera

Should you ship items home?

It could save you overweight baggage fee as well as spare you the bother of carryin lots of packages. The cheapest way to ship by parcel post, and you'll probably have t pay duty on anything that's not explicitl exempted by law. After the packages a examined by customs, they will be handle by your local post office and your postma will collect duty. If you feel charges are to high, you can appeal to the Customs Bureau

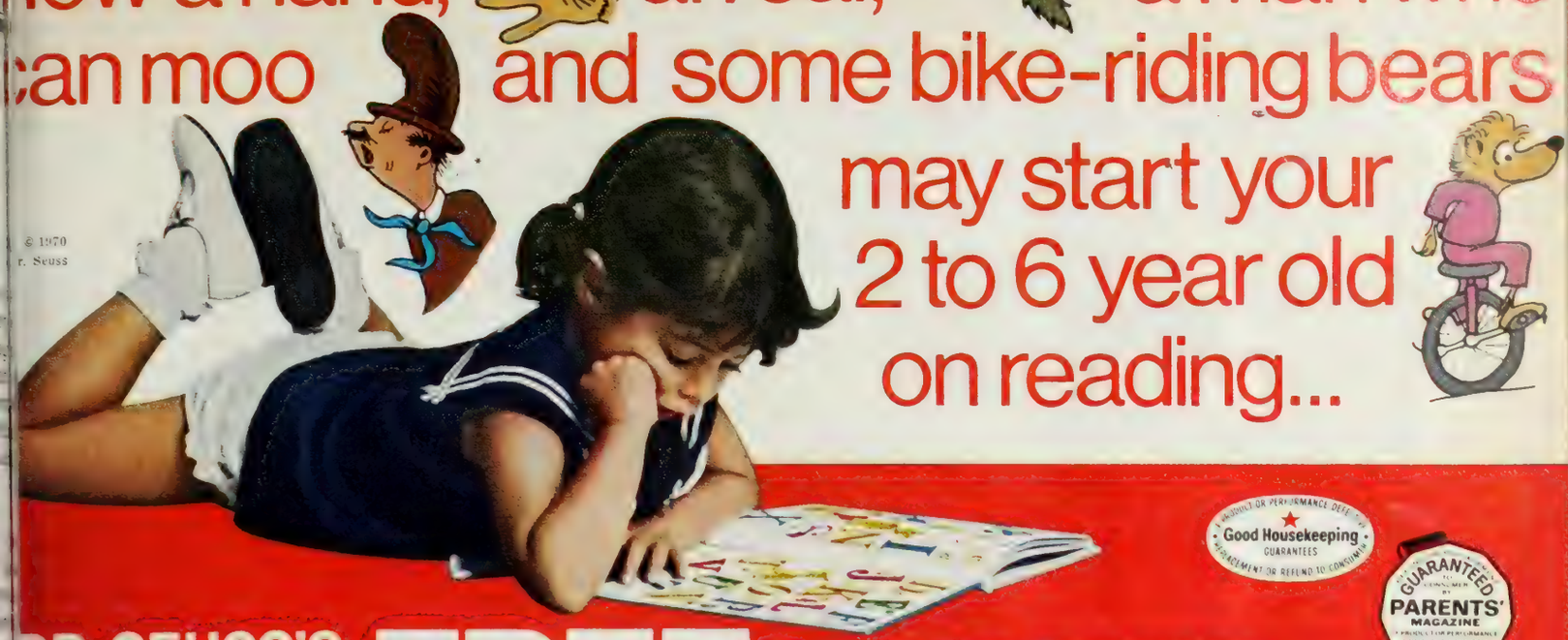
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You can send gifts from abroad to friend and relatives back home without paying dut if the individual shipments of gifts are value at $10 or less retail. Tobacco products, pe fume, and alcoholic beverages are not include in this provision. Mark such packages, "Un solicited Gifts—Value Under $10."

Continue

How a hand, an ear, a man who can moo and some bike-riding bears may start your 2 to 6 year old on reading...

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For example, his own ears and what they hear; tongue-tickling sounds he can make; his hands and what they do; and (with the help of some bike-riding bears) he can even learn to count and find out how numbers work.

The sparkling little words and catchy rhymes in BRIGHT AND EARLY BOOKS encourage a child to try reading. And the marvelous illustrations help, too. Youngsters can't resist them . . . and as they pore over them they begin to put the words and pictures together. Soon, with some help from Mom or Dad, a child may discover he's actually reading *on his own!*

From this happy start— on to bigger things!

The four BRIGHT AND EARLY BOOKS shown here are the starter books in the BEGINNING READERS' PROGRAM. At the publisher's catalog price they cost $10.00. But, as an introduction, you may have all four for only $1.95. They can get your little beginner off to a happy start in reading. And then it's an easy glide right into reading regular BEGINNER BOOKS . . . for they begin where BRIGHT AND EARLY BOOKS leave off!

As a member of the program, your child will receive a BEGINNER BOOK each month, and you will be billed only $1.95 (instead of the retail price of $2.50) plus delivery. *(The postman will bring the package addressed to your little one, in his own name!)* You may cancel membership at any time.

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Yes, please enroll my child as a trial member and send the 4 BRIGHT AND EARLY BEGINNER BOOKS shown here plus the free DR. SEUSS'S ABC book (a total value of $12.50), and bill me only $1.95 plus delivery. If not delighted, I may keep Dr. Seuss's ABC book and return the other 4 books in 10 days and owe nothing. Otherwise, each month thereafter, please send another BEGINNER BOOK for only $1.95 (instead of the retail price of $2.50) plus delivery. I may cancel any time.

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the experience. Also check with your state public service commission. Many of them regulate movers, and can tell you if the company you're considering is licensed.

Comparing costs. Moving costs are figured in terms of weight of household goods and distance traveled. A local move may entail hourly wages for the moving men. Most moves require three men and a van. The mover should charge you for cartons. If he says they're "free," he's probably buried the costs in your fee anyway. (This isn't necessarily true for local moves, however.)

Have several movers come to your house before you decide which company to use. Be sure to show them everything you plan to move—including items in storage in the attic or cellar—so the movers can give you an accurate weight estimate. Ask about the cost of special services, such as packing. Also find out about facilities at your destination point. What happens to your furnishings, for instance, if your arrival is delayed? Is there a charge for storage in that case? Are there representatives of the line where you're going?

Each mover will give you an overall cost estimate if he comes to your house. All estimates must be in writing. [illegible] anything other than a very l[illegible] move, *do not accept a "gua[illegible] teed" flat rate;* it's against law. And don't automatic[illegible] hire the lowest bidder. He [illegible] charge you more when he m[illegible] the move.

When you decide upo[illegible] mover, ask for the boo[illegible] "Summary of Information [illegible] Shippers of Household Go[illegible] (he's required to give it to y[illegible] You might also want the I[illegible] Public Advisory Pamphlets[illegible] ("Householder's Guide to [illegible] curate Rates") and #3 ("Pe[illegible] on the Move"). If there isn[illegible] office in your locale, write[illegible] *Interstate Commerce Com[illegible] sion, Washington, D.C. 20[illegible]*

Packing. Start by being [illegible] less about old items. Throw[illegible] half-used toilet articles, fo[illegible] stance, or worn-out toys. [illegible] a realistic look at your furn[illegible] and clothing and give away [illegible] you can to charity. Be su[illegible] get a receipt for your in[illegible] tax records.

When you pack, plan on[illegible] ing items with you that [illegible] sentimental or financial v[illegible] rather than sending them i[illegible] truck. Label one carton [illegible] last," and fill it with things [illegible] need as soon as you move [illegible] will be the first off the [illegible] and into your new home.

FAMILY MONEY MANAGEMENT *Continued*

UP-TO-DATE TIPS ABOUT MOVING

Some recent rulings by the Interstate Commerce Commission will help you get your money's worth when you move your household. The ICC and the moving industry also have some tips to make your move as easy and problem-free as possible.

Timing your move. If you can, make your plans far enough in advance so that you have the most choice about the dates of your move. Try to avoid the peak period—May through October. At any time of the year, shy away from the first and last days of the month, as well as holidays and other heavy traffic days that might mean delays. Just to be sure, plan your move so it's over at least a day before any move-in-or-out commitments must be met. That will give you a bit of a cushion in case the movers are delayed.

Job-related moves. If you're moving because of your job, find out exactly what expenses—if any—your employer will cover. Keep records of all expenses for tax purposes. If the distance between your new job and your old residence is more than 50 miles of the distance between your old home and job, you're allowed to deduct the cost of one house-hunting trip, living expenses for you and your family before you settle into the new house (up to 30 days), plus some expenses incurred in selling your old home and buying a new one. Your maximum deduction altogether is $2,500, with no more than $1,000 going to house-hunting and temporary living expenses. Any reimbursement from your employer must be treated as gross income on your tax return. Incidentally, such reimbursement is now subject to withholding tax.

Selecting a company. Don't rely on ads in your local paper or the yellow pages. Your best bet is to talk with friends or associates who recently have moved—and were pleased with

The Bar-Tender's touch makes a mai-tai exotic.



The exotic natural fruit and spice flavors are right in the envelope. Simply combine the mix with rum and water. Then shake and serve a perfect mai-tai. Exotic. Delicious. Oh, so easy. *Also deliciously easy: the Bar-Tender's daiquiri.*

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vise a detailed system for ling what goes into each This will help you double- for loss or damage, as is direct the mover when loads. Numbering the car- nd keeping a list of what each probably works best. you're making the list, down estimates of the of each carton's contents. make an honest evaluation condition of items. (The will be recording furni- cratches or other damage tect himself.)

rance. Your mover is atically liable for only its a pound per article (60 per pound in interstate). That means if your ten- typewriter is shattered, mpany only owes you $3 in damages.

st movers also sell greater y protection. You must e a lump sum valuation of tire shipment—say, $7,000 the mover can insure the or about 50 cents per $100 uation. In this example, the insurance would cost you Also check your home- 's policy. It probably has -premises coverage for up percent of the amount of olicy. On a house covered 5,000, for example, your emises insurance goes up 500.

ghing household goods. nover's truck is weighed it is loaded, and that t—called the *"tare" weight* uld be marked clearly on ill of lading. There may ds from other households y aboard the truck, so sure you get the appropri- ures from the driver's "ve- oad manifest."

truck is weighed again your goods aboard. (Only iver can be in the truck.) weight also should be on eight tickets.

u now are entitled to re- a reweighing at your point stination. If the weight is than 120 pounds lighter he billed weight, you'll pay ping charge based on the weight measured, and you have to pay for the weigh- 20). If the weight is at 25 percent higher than the weight, you don't have to or the weighing either— n you will be charged for xtra weight. Incidentally, ay go to the weighing sta- ith the truck at either end ur trip. If there are prob- report them to the ICC or l consumer group.

paring to leave. Make sure ave these documents from over to protect you from .) An *order for service*— es information about ad- dresses, agreed-upon dates, location of scale, details of special services, estimated charges, and method of payment. 2.) The *bill of lading*—your receipt for goods and contract for the move. It should cite the "tare" weight, names and addresses for delivery, and a "back-up" name in case you're delayed. Look over the liability terms carefully.

Notify the post office of your change of address; you can get the special card from them. Be sure to transfer all household insurance policies, as well as medical prescriptions and your children's school records. Pay up and cancel your phone, gas, and electric services in time to get refunds of your deposits before you leave. Also cancel or transfer deliveries such as milk

Continued on page 122



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**Happy Face T-Shirts are U.S. made high quality washable cotton dacron. Available in sizes: S (2 4), M (6 8), L (10 12), XL (14 16), if they're out of the size you want, dealer will arrange to have your free T-Shirt mailed to your home.*


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Italian chicken over spaghetti



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adventurous cook, since
arted baking at age eleven,
set out to create a main
that would be the ultimate
alian cuisine—a dish that
d "taste better than can-
ni, spaghetti, chicken cac-
re, and pizza!" This in-
ng recipe is the result of
search. Add a tossed salad
Italian dressing, garlic
l, and red wine.

AN CHICKEN OVER
HETTI

ound broiler fryers,
up
ounce can (2 cups)
ato sauce
condensed tomato soup
ups milk
unce can tomato paste
p water
p grated parmesan
ese
ves garlic, minced
lespoon dried oregano,
shed
salt
pepper
es (6 ounces)
zzarella cheese
es (4½ ounces)
volone cheese
hetti

aster or 13x9x2-inch bak-
pan, combine chicken
s and all other ingredients
pt mozzarella, provolone,
spaghetti. Cover and bake
75° oven for 30 minutes.
ove from oven; stir mix-
to blend. Top with mozza-
and provolone cheeses.
r and return to oven for
minutes or till chicken is
er. Stir, mixing cheeses
sauce. To cook spaghetti al
e, bring at least 3 quarts of
d water to boiling; add 8
es of pasta. Do not cover.
water boiling vigorously.
ng to prevent sticking.
till tender, but still firm.
n at once.
: If you have extra-long
hetti, hold a handful at one
dip the other in the boil-
water. As the pasta softens,
it around in the pan till
of it is immersed. Makes
rvings.

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Quick, easy dessert for dinner tonight.

Pepperidge Farm's moist Chocolate Fudge Layer Cake with a big scoop of ice cream on the side.



Remember that great old American tradition—ice cream and cake? Pepperidge Farm remembers and makes its layer cakes so tender and light, so lusciously iced, so moist all through that grandma would have been proud to serve them.

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NEXT MONTH

A TREASURY OF AMERICAN COUNTRY COOKING—Traditionally, mouth-watering food and country fairs go together. Our visits to three famous fairs—the Oregon State Fair, the Champlain Valley Exposition, and the Iowa State Fair—yielded a rich harvest of great recipes—from pastries to pickles—and next month we share some of the very best with you!

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ıy not use l-free ervations?

recently, planning a trip writing ahead for reser- weeks or even months in —either that or footing for costly long-distance calls or for dispatching a f telegrams and cables. It ough to make many peo- ık twice about traveling. ıy the picture is happily it, thanks to toll-free res- ns. Originated by hotel and car rental services as enience for travel agents, tions "hot lines" are now o the public. No matter kind of vacation you're ıg, from an overnight visit ip around the world, you e the nearest phone to our plans confirmed in s.

free service is indicated phone numbers with the (800). The numbers most ıtly used by travelers are to central computer sys- hat instantly check and bookings—or else suggest tives if your first choice vailable. You can arrange hole journey with a single you wish, or you can our schedule flexible and our trip by ear, phoning servations one stop at a t never costs a penny (in th, you get your dime and the lines are open sev- ys a week, around the

ıy well-known hotel , plus scores of indepen- have lines for taking toll- servations from the public iday Inn, Howard John- Best Western, Sheraton, ott, Sonesta, Quality Mo- he list goes on and on. d-in reservations are usu- uaranteed, except for late s, which require a mailed t. Written confirmation is lly sent if time allows.

major car rental services ve (800) lines, and occa- ly use some of them as ency numbers. When a in distress calls the Avis ıe, for instance—maybe t his car keys or left the ghts on all night and finds ıttery dead the next day— rvice will send someone in rea to help him.

e most elaborate of the uterized reservations net- is the Space Bank operated merican Express. It moni- ome 650,000 hotel and mo- tel rooms in more than 50 countries—Sheraton, Ramada Inns, and Western International are among its clients—as well as 4,500 Hertz and Avis outlets. In most parts of the United States, you just dial (800) AE8-5000 and indicate the kind of car or hotel room you want and what price you're willing to pay; the computer does the rest. You don't need an American Express card to make bookings through the Space Bank, but if you have one, you can give your card number in lieu of a deposit to hold a room for late arrival. (If you never show up, you'll be billed for it, of course, unless you cancel the reservation before 5 p.m.) The Space Bank handles bookings for package tours, too, including airline tickets and meals. ■



Feminine Sprays vs. Norforms

(Or, a spray a day can't keep internal odor away!)

7:36

Before dressing for work, you use a feminine spray. That takes care of odor...you hope!

7:36

Today, you try Norforms." The Internal Deodorant." It contains no hexachlorophene

8:22

You're running late. Oh, oh... what's that unclean feeling? You don't feel so fresh any more.

8:22

Feeling fresh. Unlike sprays, Norforms work inside to stop internal odor where it starts

9:14

Look at that clock! You can't believe it. Could feminine odor be starting so soon?

9:14

Just one Norforms can stop odor up to 10 full hours. They're safely, easily inserted, too.

11:07

Work and worry. You begin to suspect sprays may stop external odor but not the odor that starts internally

11:07

Doctor-tested Norforms will keep you feeling fresh and worry-free for hours and hours

12:01

Bad news and new worry. You just heard your spray may have hexachlorophene.

12:03

Put the spray away. Now... where can I buy Norforms?



Stops internal odor no spray can reach!

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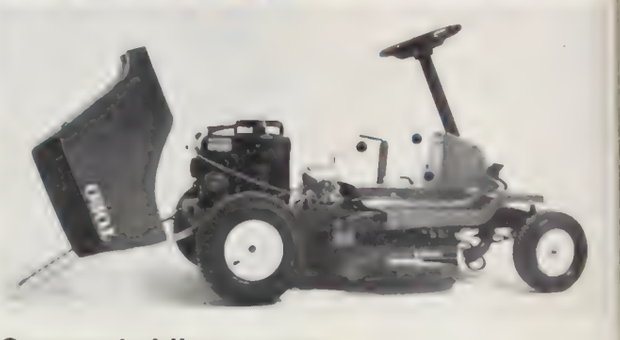
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Don't forget your zip code

np® Norwich Products Division, The Norwich Pharmacal Co.

good news!

DOUGLAS M. LIDSTER
New Products Editor



Compact riding mower

If you prefer to sit out your lawn-mowing chores, maybe you're ready for a rider-type mower. This model is packed with big-mower features, but priced for people whose real estate is in no way an estate.

The clamshell hood keeps grass and dirt out of the engine compartments, but opens to expose the five-horsepower engine, transmission, and drive components. Tubeless pneumatic tires on the rear wheels deliver sidehill traction, and the wide-track axles guarantee stability on slopes as steep as 30 degrees.

While no mower is safer than the person operating it, this unit is packed with safety features. A blade guard bar covers the blade tip through the critical arc at the discharge portion of the cutting deck. The discharge chute is designed to deflect thrown objects to the ground. There's a parking brake, a safety interlock on the blade clutch, and prominent safety warning decals telling you to keep your mind on your mowing.

Toro Whirlwind Rider, $299. Toro Manufacturing Co., 8111 Lyndale Ave. S., Minneapolis, Minn. 55420.

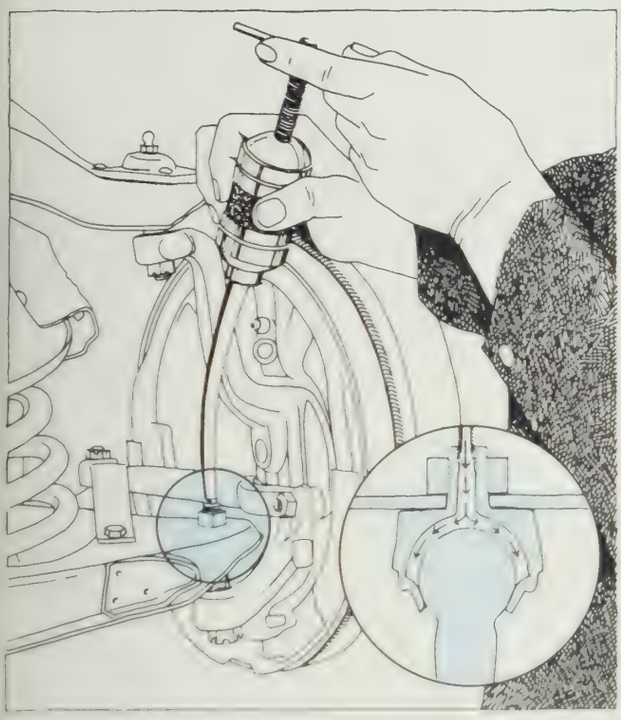


Picnicker's gas grill

Gas grill convenience is now available in a barbecue no larger than a picnic-top charcoal unit. It's ideal for use on your patio, in a park, or even in your fireplace.

The compact grill operates from a standard 14-ounce LP gas bottle. A clip on the grill's base stores a spare. Evenly graded pumice rock furnished with the grill distributes the gas flame evenly under the cooking grid.

Big Boy Model #2703 Gas Fired Grill, $39.95. Big Boy Manufacturing Company, Inc., 59 East Orange Grove Avenue, Burbank, Calif. 91503.



Stop front-end wiggle

Ball joints are the part of your car's linkage that controls the tracking of your front wheels: they keep the tires perpendicular to the road. When the ball joints begin to loosen from normal wear, the wheels wobble and steering becomes less certain, causing your car to drift. Maintaining wheel alignment becomes impossible, and tire wear accelerates.

The solution? If the ball joints are worn past the manufacturer's recommended maximum tolerance, replace them. If wear is evident, but tolerances are still within the maximum allowed, take advantage of a new cast-in-place, solid lubricant.

The rapid-curing, two-part resin is injected into the ball joint much as grease is, but then the resin hardens into a rubber-like solid. It renews ball joint tolerance by filling the void between the ball and socket (see drawing insert). Since the compound is also a solid lubricant, there's never a need to grease the ball joints conventionally.

This is not an operation for the do-it-yourselfer; it must be performed by trained personnel at a service center. The car must be jacked up to take all weight off the ball joint before the compound will fill the void properly. And while the curing time is about one hour at 70-degrees, radiant heaters used at service centers speed curing time to about 20 minutes.

If the rubber-like compound completely fills the void between the ball and its socket, why won't it renew totally worn ball joints? The answer is simply this: when the ball joints are worn out, several other parts of the linkage also may need replacing. Correcting ball joint looseness won't correct the other factors contributing to front-end wiggle. The only solution in this case is to have the front end inspected and overhauled.

3M Lubri-Cast Ball Joint Compound, $24.95 installed at Goodyear Tire and Rubber Company Service Centers.

Continued on page 39

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Maybe that's why more dentists recommend it for brushing dentures than all other brands of toothpaste combined.*
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*Based on results of a recent nationwide survey of dentists conducted by A. C. Nielsen Co.

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Rum Collins



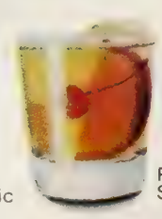
Rum and Cola



Rum Screwdriver



Rum and Tonic



Rum Sour



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This is the season of the long, cool drink.

Cooling rum collins. Breezy rum and cola. Refreshing rum screwdriver.

Tasty rum and tonic. Frosty rum sour (now in pre-mixes).

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So no matter what you mix it with, Puerto Rican Rum always brings a light, dry, natural taste to the get-together.

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Advertisement

Beat Today's $80-a-Day Hospital Costs With a Money-Back "Savings Account" Plan

Like everything else, the cost of being sick or hurt has gone up sharply. According to U.S. Government officials, the average daily cost of a stay in the hospital has already climbed to over $80.00 a day. Experts say they'll rise even higher in the years ahead.

These fast-rising costs have put millions of Californians in a dangerous spot, because their health insurance is no longer enough to pay the bills. They'll either have to pay the lion's share out of their own pockets—or buy more insurance, using money they'd rather save for the future.

But now there's a remarkably different kind of *money-back* hospital plan that acts like a two-way "savings account" to help solve this problem. It's a low cost plan you can add *without risking a penny* because it also pays you if you stay well! If you don't need the benefits, you get a big cash "nest egg" at maturity.

When you go to the hospital, this low-cost plan in effect gives you a $20,000 "savings account" to draw upon to help you pay the bills. It pays you $200.00 tax-free cash every week you're in any regular, general hospital . . . that's $28.57 each and every day . . . for up to 100 weeks . . . up to $20,000 in all for each separate sickness or injury originating after issue date. The only exceptions are mental disturbance and normal childbirth. Everything else is fully covered, starting your first day in the hospital.

You get your $200-a-week up to $20,000 direct by check, *in addition* to benefits you collect from any other insurance, including group. You can spend or save your $200-a-week as you see fit.

But that's not all! This remarkable hospital plan *also* says you no longer have to be sick or hurt to collect. If you stay well, you *still* get a big check. Simply keep your protection in force until maturity and you get a cash refund of at least 90% of all your premiums—100% if you prefer to pay premiums on an annual basis. It's like having an extra "savings account" set aside for your future security.

You don't even have to stay 100% healthy to get money back. If you collect *less* than the total annual-premium amount, you get a refund of the difference.

So sick or well—you *must* collect! It's the "can't lose" answer for people who don't want to gamble with today's rapidly rising medical costs.

This revolutionary $200-a-week Money-Back "savings account" protection is guaranteed by Certified Life Insurance Company of California, whose famous White Cross Plan policies protect thousands of California families. And the White Cross Plan includes new low-cost protections to help folks over 65 pay those hospital and medical bills which Medicare doesn't cover.

The story of this remarkable $200-a-week hospital plan CER 779 that also pays you if you stay well, and special "Over 65" plans to supplement Medicare, is told in the Gold Book, an informative booklet offered free by Certified.

****For your free Gold Book, just mail the postage-free card next to this page. There's no obligation for this service.*



One of two things will happen—you'll either get sick or hurt and go to the hospital, or you'll stay well. Life's more fun knowing that, either way, you must get paid.

People over 65 get the benefits they need to pay bills not covered by Medicare.



good news!

Continued from page 33



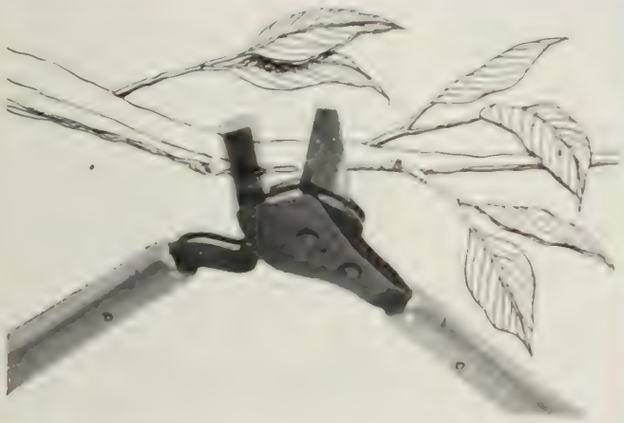
Polyethylene playthings

The roughest kids can't hurt these plastic playthings; the gentlest can't be hurt playing with them. The plastic is polyethylene—smooth and strong. It won't chip or crack, and retains its bright color through years of exposure to sun, rain, and grass-stained shoes.

The slide bed features double-wall construction for strength. All corners are smoothly rounded, and the exposed ends of the tubing have plastic safety caps.

Even children who thought they were beyond building-block age are intrigued by the sheer size of the Play Cubes. When it's time to clean up the play area, the cubes nest neatly or can be used as toy boxes. The cubes also are great as planters in your yard, or as accent tables in your family room.

Little Tikes Slide, $20; Play Cubes, $15. Rotadyne, Inc., 29607 Hall Street, Solon, Ohio 44139



Super shears

Sheer strength isn't necessary when you prune your trees and bushes with this unique lopping shear. Inside the pivot mechanism is an epicycloidal gear, a mechanism that produces three times the cutting power of a conventional shear.

Cutting capacity is a full 1¾ inches. Since just ten pounds of pressure on the handles give you more than 300 pounds cutting force, you can even cut through deadwood, knots, and roots.

Timberline Lopping Shear, $15.99 in hardware and garden departments. Seymour Smith and Son, Inc., Oakville, Conn. 06779.



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Add a touch of your own personal creativity to your home just by spending a few enjoyable hours stitching these needlework kits.



DANCING BUTTERFLIES 16"x16" pillow kit includes yarns, needle, cording, zipper, stamped design on fabric, simple instructions



JACOBEAN HANDBAG Includes design stamped on parchment linen bag, crewel yarns, lining, and instructions. 18" tall, 12" wide



CREWEL CLOCK Kit includes clock face stamped on cotton/linen fabric, crewel yarns and floss, frame, mounting board, precision clock movement. 14½"x2½" deep. Battery or electric

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☐ Handbag	00489	$ 6.95
☐ Clock (Elec.)	00073	$19.98
☐ Clock (Batt.)	00074	$27.50

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100 IDEAS UNDER 100 DOLLARS

Here's the best roundup of ideas we've ever published. Whatever your budget or level of skill, you'll find great projects for every room in your house—and your outdoor areas as well. We've supplied the ideas and instructions, and you supply the work. Every project costs less than $100 in materials, though prices may vary slightly from area to area.

1



2



1. Target wall hanging—$15. Add a splash of excitement to your family room with this eye-stopping project design. To make it, you'll need only two colors of paint and a 4x4 sheet of ½-inch A-D grade plywood. Begin by cutting out an 18x18-inch square for use as the background board. Then, using a string compass, scribe a 24-inch-diameter circle in the remaining wood and cut out. Next, scribe an 18-inch circle inside the 24-inch circle and cut out the center. For the bull's-eye, cut out a 12-inch circle from the leftover wood. Glue sections together after painting desired colors. Hang your handiwork on the wall just as you would an ordinary picture frame.

2. No-nail table/bench—$12. Use 2x12 and 2x8 pine and ½-inch-diameter wood dowels for this good-looking project. End crosspieces are 2x12s set back about four inches from ends and notched to accept the 2x12 stretcher, which is also notched on each end to form interlock joints. The top edge of the 2x12 stretcher is then flush with the 2x8s which form the seat. Attach the 2x8s to the crosspieces with wood dowels. Use stain or paint finish, for inside or outside use.

3. Needle-punched bedspread—$35. Turn an ordinary bedspread into a thickly textured showpiece. The custom look comes from the four-ply yarn you hook into the spread's design with a mechanical rug needle. The technique works best on a plain or simply patterned spread with the texture of hopsacking. Start by stretching the spread taut on a small quilting frame or 18x31-inch frame of 2x4s. Fold the edges of the fabric to two or three thicknesses and, using upholstery tacks, secure the bedspread to the frame. Hook the yarn into the spread in loops, outlining printed designs first, then filling them in. Work in same direction, with loops about ⅛ inch apart. When changing colors, cut yarn ¼ inch above fabric. After all the areas have been punched, brush the back of the spread with latex to seal the yarn areas.

3



4. Packing-barrel coffee table—$25. A few round cardboard shipping barrels can be the basis of a unique coffee table. First paint the ends, lids, and rims of the barrels. Then cover the barrels with a colorful design by gluing on calendar or magazine pages. To connect the barrels, drill holes into the sides and attach with two small bolts through the holes. Fasten lids on permanently. Have heavy glass cut to size for top, no attachment necessary. Hassock at right and end table in background were also made from barrels. Cover the barrels with upholstery fabric and other materials to get more variety. Barrels can be easily cut to the height you desire.

See page 109 for credits


M T W T F S S
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25
29 30 31
M T W T F S S
1 2 3 4



100 IDEAS UNDER 100 DOLLARS

5. Wallpaper-backed shelves—$21. You'll be able to make this decorative and functional storage unit in only a matter of hours. Simply pick out an attractive wallpaper design, then paper over the wall area where you want the shelves to be. A three- to five-foot-wide wallpapered area will work best in most situations. Next, attach adjustable shelf hangers to both sides of the wallpaper strip. Stain or paint cut-to-fit pine shelves, and attach the hanging strips with standard shelf holders. As alternative backing for shelves, you might consider using wood paneling, artificial bricks, ceramic tiles, mirrors, or carpeting. These materials can also be used to surface the shelves for a more decorative effect.

6. Stovepipe light—$16. Fashion a distinctive accent light from ordinary galvanized



stovepipe in six- and eight-inch diameters.

Buff stovepipe to desired shine, and vary height from 16 to 30 inches. Cut a disc from ¾-inch plywood to fit tightly in bottom of each tube; attach a ceramic fixture and common wiring to each disc before inserting, and use mini-spot bulbs. Place entire unit on a ¾-inch plywood base, cut to size, and paint black. Don't use oversize or high-watt bulbs because they might overheat. If the pipes need ventilating, drill small holes near the base.

7. Wall-hung buffet and storage—$55. This 72x24x18-inch deep cabinet has storage space to spare behind its four front doors. Begin by assembling the top, bottom, sides, and back. Use ¾-inch plywood throughout. For a fine-furniture effect, use miter joints and round off the edges slightly with sandpaper. Insert vertical dividers inside cabinet so that unit is divided into four equal sections. Then make interior shelves; number and spacing of the shelves should be determined by your special storage needs. Prime the unit, then paint with a "wet-look" enamel or high-gloss enamel depending on the effect you'd like. Attach the cabinet to the wall by screwing it to studs. Attach painted doors with cabinet hinges; to keep the cabinet doors shut, use touch latches or magnetic catches. Finally, apply wood strips over buffet to match back wall. If wall is painted or wallpapered, simply paint or pa-







9

per boards to blend with your back wall. **8. Wild West bar—$70.** Bring the flavor of the Old West into your family room or basement. For the counter, build a box of ¾-inch plywood about 42 inches high to fit your space. Fasten rough-hewn posts, beams, and brackets to the box and ceiling. Cover the counter top with random-length hardwood flooring and band the sides with 2-inch hardwood strips. To foil spills, coat the top with polyurethane varnish. Subdivide the interior of the box with shelves and bins.

9. Lawn storage closet—$65. Protect your lawn equipment from the weather with this roomy enclosure. Start with four seven-foot 4x4s and four 4x8 sheets of ½-inch A-C exterior plywood. Use three hinges on each door. Face the top of the closet with 1x6 material and the bottom with 1x8. Put shelves or dividers inside to fit what you have; paint with exterior finish. Plywood roof slopes from front to back to shed moisture. Overall outside dimensions are 7 feet high, 6 feet wide, and 3 feet deep.



100 IDEAS UNDER 100 DOLLARS





12

10. Suit-yourself shelf system—$60. With this versatile shelf system, it's a snap to rearrange your collection of books and display objects. Begin by making the vertical slat pairs out of pine 1x2s. You can make them floor-to-ceiling height (which works fine for either flat or slanted ceilings), or you can devise a supporting substructure like the bricks and cap shown here. With the slats cut and sanded, insert 15¼-inch-long 1x2 crossbars. Space at regular intervals, countersink nails, fill holes with wood putty, and sand smooth. Next, paint unit with semigloss white enamel. For a finished look, bolt slats together with decorative bolts. Anchor each vertical unit top and bottom. Add 12-inch-deep, ¼-inch glass shelves which simply rest on the pine crossbars. Thanks to the vacant crossbars, you can reorganize the shelf arrangement in countless ingenious ways.

11. A-frame play shelter—$23. You can build this five-foot-high shelter with standard-size material and simple construction methods. Set two treated 4x4s in ground as uprights, 66 inches from outside to outside. Cut and nail 1-inch fir lumber to 1x4 nailer strips, then set up in sections, nailing butt joints. The shelter looks the same when viewed from other side. End panels are 42 inches wide, 42 inches long on short diagonal side, and seven feet on long diagonal side. Roof sections are six feet by 42 inches wide. Finish with exterior stain or paint. If you want shelter movable, don't set posts but use temporary stakes and support where necessary.

12. Stenciled hanging—$18. Make your own distinctive hanging/divider by simply stenciling a design on acrylic plastic. The hanging shown is 24x36 inches, cut from ¼-inch transparent bronze plastic. Sand and buff edges smooth, then trace design on one side of protective paper. Cut out design on paper with an art knife and peel away cut paper. With acrylic-based paint, spray cutout areas evenly and let dry. Peel off remaining paper, drill holes at top, and insert decorative chain. If you like, frame hanging with miter-jointed 1x2s. Paint frame with semigloss enamel. Hang chains from tiny cup hooks.

13. Fold-down sewing table—$22. An old metal cabinet forms the base in this sewing unit, but any cabinet of like dimensions will serve just as well. Start by hinging an H-shaped frame of 1x2s to the sides of the cabinet. Next, attach a caster wheel under each cabinet corner, and one under front leg of the side frames. Paint unit with enamel. Attach a ¾-inch plywood top to cabinet; then hinge two more pieces to side.

13





14

14. Two-tone table lamp—$13. With a strip heater, bend a 9½x18-inch piece of ⅛-inch opaque white acrylic plastic into a 4½-inch square tube. Center seam on one side and join it with acrylic solvent cement. For base, cut two U-shaped 7½x11½-inch pieces of ⅛-inch textured green acrylic to accept tube. Cut ⅛-inch-wide slots in both pieces, halfway down center bottom of one piece and halfway up center of the other. Sand and buff edges. Assemble base and tube, and glue with solvent cement. Glue light socket (with 40-watt showcase bulb) to platform made of scrap plastic. Add cord.

15 →



16 →



15. Wall cabinets/snack table—$83. You can't beat this idea for versatility—use it in dining area, hobby or play center, or as a handy home office. The wall-hung cabinets are made of 1x12 pine and painted white. A ¾-inch plywood backing is attached to the wall studs to support the unit. Philippine mahogany panels, attached with piano hinges, make the drop-down cabinet doors. At center, a built-in fluorescent light adds a dramatic side light effect. Inside other cabinets are compartmental shelves to store specific items.

The 3x5-foot table is made with a ¾-inch top, 2x2 legs, and ½x1-inch side trim. Use matching mahogany as a skirt below tabletop to blend with the cabinets.

16. Bed frame and headboard—$77. Here's an easy way to dress up a bedroom. The box spring rests on two pieces of plywood cut to size, and placed at right angles to the four 2x6s that run the length of the bed. Runners are strengthened by wood spacer blocks between pairs. The box spring is concealed by the skirt of 1x8 birch—you'll need about 30 lineal feet of this to go around the bed. Bookshelf units are made of one sheet of ¾-inch birch plywood and headboard of oak flooring on plywood back. To make shelves adjustable, use metal standards and brackets. Finish with stain, if desired, or clear varnish. Wall in background is covered with cedar shingles.

17. Makeup mirror—$34. This 24¼x21-inch unit would be a handy addition to bedroom or dressing room. It's made of 1x4 pine and

100 IDEAS UNDER 100 DOLLARS



¼-inch plywood material (for the back panel). Lighting strips are 18 inches high by three inches wide. Cut diagonal slots in the two inside uprights to receive the mirror. Then slide the mirror and uprights in place and nail from bottom and top. Hinge the bottom door to fold down, add pull knob and magnetic catch. Finish the wood with clear varnish or paint and attach the unit to the wall.

18. Stackable bookshelf tables—$35. Six separate modules are used in this arrangement of tables—they're unattached for easy moving. Make the simple X-shaped bases of 1x14 pine and use ¾-inch A-C grade interior plywood for the 2x2-foot-square tops. Notch





the 1x14 pine pieces about halfway through at center and connect with an interlock joint at right angles. Cover the edges of plywood tops with molding strips. (You could use plywood for the vertical pieces also instead of pine.) Connect pieces with glue and screws. Pick a versatile combination of paint colors, because these units are useful in almost any room of the house. You can stack them up as shown for bookshelf and display space, or use individually as shown at left.

19. Macrame hammock—$85. Enjoy the summer breezes in a beautiful hammock you make from braided nylon cord. The hammock is simpler than it looks because you use only two macrame knots throughout the horizontal double half hitch and the double alternating square knot. The overall size is approximately 3½x6 feet, not including the fringe. If you're a macrame novice, practice on some smaller projects before trying one of this size. For detailed instructions, see page 94.

For buying guide information on the products shown in these and other pictures, please turn to page 123.

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100 IDEAS UNDER 100 DOLLARS



→ 21

20. Library/home office—$78. Make shelves with 2x12s. Toenail and glue 16-inch-wide shelf sections to the uprights. Using a nail set, recess finishing nails, putty holes, and sand smooth. Stain, then varnish. The red "safe" is made from ¾-inch plywood. Attach safe door with hinges, then add a latch at top. Make desk top with ¾-inch plywood covered with laminated plastic. Dress up desk edges with molding or veneer tape. Attach desk to shelf uprights with angle braces. Support other end with aluminum table legs.

21. Window well bench—$11. An ordinary three-foot corrugated metal basement window well makes the base of this sturdy bench. Attach 2x4s to base with screws through the flange on each end. Drill extra holes to put about two screws in each end of 2x4. To give additional strength, insert a 2x4—cut to fit the bottom shape—on the edge. Finish wood with varnish for outside use.

22. Inviting entrance light—$18. This exterior light fixture will give a warm welcome at your door. Build the basic unit of 1x4 redwood. Use 1⅛-inch angle iron for the corners. Add ¾-inch-square redwood strips, and mount on wall over porcelain fixture. To assemble, use two-inch brass screws. Cut pieces of opaque acrylic plastic to line the inside, and screw to redwood 1x4s.

23. Fabric-covered headboard—$72. Buy a 60x82-inch fabric panel to match your bedspread. Paint two ceiling-height 2x2s with semigloss paint, then thumbtack or staple the fabric to the back of the 2x2s. Attach 2x2s to wall with countersunk nails. Next, apply seven 1x1-foot mirror tiles on either side of fabric panel. Now nail a second pair of 2x2s to the wall to flank the mirror tiles. Toenail two pairs of 2x2s into floor and ceiling approximately 13 inches out from the wall. This should leave you a 12-inch-square area between each of the two groups of 2x2s. Then, attach angle braces at various heights to support the cut-to-fit ¼-inch glass shelves. To finish, add a decorative accent piece to center of fabric panel.



24. Spice rack/work counter—$8. Even a mini kitchen can accommodate this compact unit. The counter folds down when not in use and support piece swings back flat. Hinge the counter piece on the bottom shelf. The support is mounted with a piano hinge and tapers from 12 inches down to three inches wide. Shelf spaces are 24 inches wide and six inches high. Use ¾-inch oak plywood and edging tape. Finish with provincial stain and matte varnish, or paint to match kitchen decor.



23 ←



24 ←

25 →



26 →



100 IDEAS UNDER 100 DOLLARS

25. Dresser desk—$18. Check your local antique stores to find a suitable dresser unit like the one above. You may have to cut down the dresser to get the proper height—about 18 inches should be comfortable for a desk. Top the dresser with ½-inch plywood cut to the size you'd like your desk to be; attach with glue. Next, mount adjustable shelf brackets to wall, and attach top to brackets with angle braces. Then add shelves.

26. Walnut ceiling spotlights—$11 each. Attach a square piece of ½-inch-thick plywood to ceiling over electricity source. Wire through a hole in center of plywood, into a ceramic fixture. To get desired angle of light, attach the ceramic fixture to a wood block or wedge, mounted on the plywood. Outside dimensions of box are 12x12x5¾-inches. Use ¾-inch walnut for the frame; connect with miter joints at corners. The shaped copper flashing rests at the bottom of the walnut frame, on facing strips of ¼x1½-inch walnut. Use a mini-spot bulb in the socket. To provide ventilation and avoid overheating inside, drill five ¼-inch holes in each side of the walnut box, as shown. After assembling the walnut box, install over the plywood square and light fixture. Attach the box to plywood with finishing nails so plywood is concealed. Leave walnut natural or apply clear varnish.

27. Blooming fence-screen—$95. This structure not only screens a parking area, it's a focal point itself with its shelf planters brimming with succulents and blooming plants. Start with 6x6 posts set in concrete. Build the fence and shelves of 1x4s, and add a 1x2 wood strip as a lip in front of each shelf. Set potted plants in the shelves to avoid filling with soil and to facilitate rearranging. Use number three grade fir and finish with stain. Overall dimensions of the unit are 24 feet long and 66 inches high.

28. Spectacular closet doors—$18. Revolutionize your do-nothing closet doors with these colorful geometic patterns. Begin by dividing the doors' surfaces into workable painting units, such as fourths or thirds. Then draw designs of circles, rectangles, triangles, squares, etc., on paper. If you divide one door into thirds, for example, make the paper drawings the same size. Then trace your designs onto the closet doors. Use a generous color mixture of enamel paints to achieve the best effect. Prime first if the doors are new.

29. Bathroom mirror/light unit—$65. Here's how to spruce up a bathroom and put more light on the subject. Frame the unit with 1x6s, back with ⅛-inch tempered hardboard. Light strips on each side are 27 inches long and 2⅝ inches wide. Wire light strips from existing source. Mirror is held in place by ¾-inch quarter-round. Mount storage unit doors on aluminum sliding door track. For bracing, use a 1x3 at base of frame. Attach the unit to wall with screws through back into wall studs. Adjust the position of the storage unit to a convenient height over sink. Paint wood surfaces a color compatible with your bathroom. Light bulbs shown are preferable to fluorescent tubes.







29 ←

100 IDEAS UNDER 100 DOLLARS



30. Camping storage chest—$17. Keep your cook gear conveniently stored and ready for use in this kitchen-in-a-box. Use ¾-inch C-D grade exterior plywood to make the chest. Your unit should be designed to suit your own cooking equipment, as are these exterior compartments. Nail and glue frame together with butt joints. Cover top and counter section with plastic laminate. Attach handles, counter hinges, towel dispenser.



31. Budget bed frame—$32. Custom fit this idea to give your bed a sleek, modern look. Both the sides and ends of frame are made from 2x12 fir. Use rabbet notches to hold the frame boards together. Round off corners, sand, and paint with semi-gloss enamel. Use two sheets of cut-to-fit ¾-inch plywood for the mattress support; attach to top of frame sides with screws.



32. Garbage can garage—$52. Build the screen back of tongue-and-groove pine 1x6s (you'll need 15 pieces), using fir 2x4s for framing and nailers. You'll need two seven-foot-long fir 4x4s—one for the near corner, one at the house. Build the box unit from one 4x8-foot sheet of ¾-inch A-C grade exterior plywood. Attach a six-foot-long 1x1 along the back edge of the top lid; hinge the top. Use exterior paint or stain.



33. Dressing table and mirror—$55. Any unused wall in your bedroom will provide a place for this useful project. Begin by hanging a 36x72-inch plate glass mirror on your wall. Surround mirror with wood molding. Add a 2x12x36-inch shelf; notch shelf into molding, and hang from a small chain attached to wall. Sand and paint.



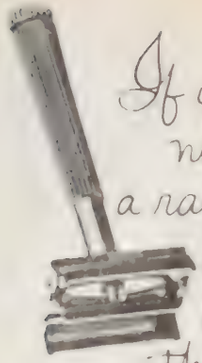
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THE BLADELESS SHAVE



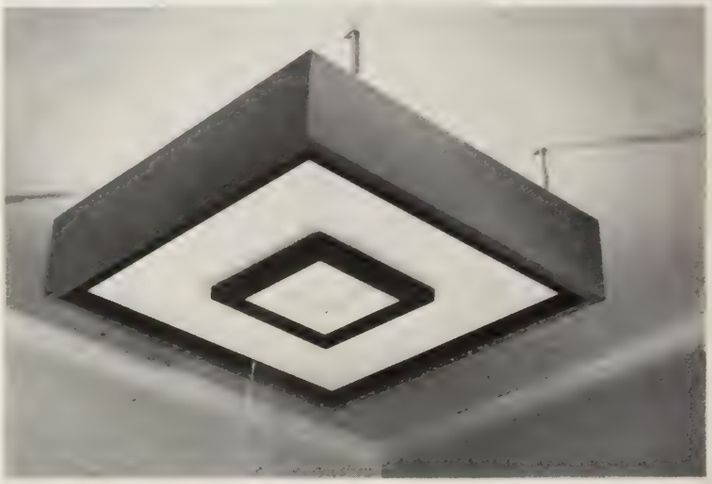
Available at fine drug and cosmetic counters everywhere.



34. Linen storage trunk—$45. With a few simple steps you can turn a trunk into a storage unit. Our price includes a new packing trunk, but you could fix up an old one. Saw an opening in front a few inches from edges. Make shelf slides from one-inch boards to project into opening; nail on. Cut sliding shelves to fit from ½-inch plywood, then sand and paint.



35. Corner table—$10. If you've only got a corner's worth of space, build an easy-to-make table like this. Cut ¾-inch plywood into a 90-degree triangle, with 30-inch sides. Band front of triangle with 1x2 strip. On under side, nail 1x1s to sides for wall supports. Sand edges and apply two coats of high-gloss paint. Fasten triangle to wall at desired height.



36. Boxy ceiling light—$18. Install this diffusing unit over an existing light fixture, using 1x8 redwood to make the 2-foot square outside frame. You'll need 12 lineal feet of ¾-inch square redwood to make the two inner squares. Buy a cut-to-fit square sheet of acrylic plastic, and glue redwood strips to it for smaller square. Paint or leave natural; hang with metal brackets.



7. Wall-hung entertainment center—$86. Two-foot-wide ieets of Texture 1-11 plywood form the sides of this television / ereo storage cabinet. Use ¾-inch birch plywood to make the ›or and shelves. Album dividers are ¼-inch tempered hard- ›ard. Back unit with ⅜-inch plywood and screw into wall uds to support the cabinet. Install hinges and touch latches.

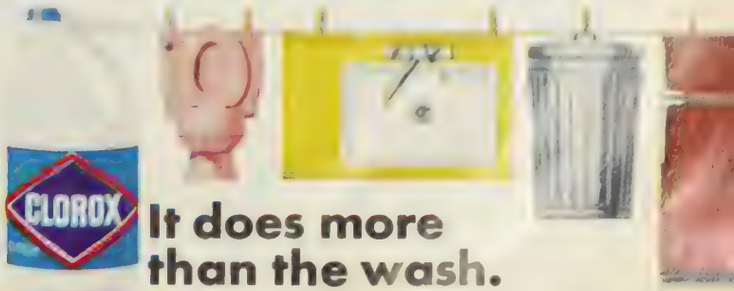


). Shadow-box light and mirror—$44. Update your vanity th this easy-to-build idea. Begin by mounting a 24x48-inch ate glass mirror to your wall. Next, build two frames of 1x4s r top and bottom, 1x6s for ends to allow for rounded corners. ısten frames together with 1x4 spacers; attach to wall over irror. Add fluorescent light fixture to top.



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Rosie knows that a good liquid bleach like Clorox kills more viruses and bacteria than any other type of household disinfectant. So, here's what she does every time she cleans the garbage can. First, she washes out the can, rinses. Then pours in ¾ cup Clorox to each gallon of water. Swishes solution around and lets it stand 5 minutes before rinsing. This kills germs that cause odors.



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39. Carpet-topped wall bench—$35. You can build this seating unit wherever you have two opposing walls eight feet or less apart. Build the bench with three wall-long 2x4s; insert 2x4s as spacers at two-foot intervals. Cover frame with ½-inch plywood; cover plywood with deep pile carpeting. On each opposing wall, nail a 2x4 to serve as nailing ledges. Nail bench to ledges, then bolt bench to back wall at one-foot intervals.



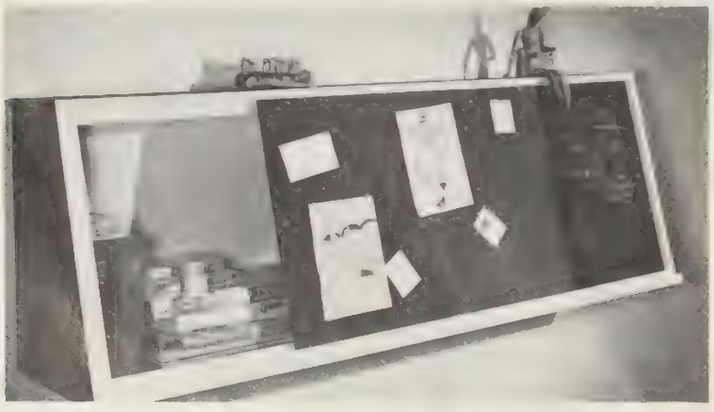
42. Lath-stripped ceiling light—$95. This unit is eight feet square, but size can be planned to fit your situation. Attach four 8-foot 2x6s to the ceiling, parallel, two feet apart. Wire in six four-foot fluorescent fixtures, two in each section. Cut and attach lath strips at right angles to 2x6s, using small finishing nails; leave about a ¼-inch space between strips. Paint wood strips to match ceiling, or leave natural.



40. Cushion-top storage seats—3 for $24. Lift off the cushion and plywood tops to reveal storage space for sewing supplies, games, and so on. Build boxes from ¾-inch plywood. Frame top with 1x2s, miter jointed, to contain plywood top and cushion. Cover cut-to-fit foam rubber cushion with upholstery fabric. Attach a small, square frame of 1x2s to underside of box to give it an "off-the-floor" look. Paint or stain.



43. Bedside bookshelf—$15. Enjoy the convenience of having your own bedside library with this handsome walnut bookshelf. Make the unit with four pieces of solid walnut 2x8s, each 14 inches long. Cut pieces with a half-lap joint at each corner. Drill holes in edges and insert walnut or walnut-stained dowels to hold unit together. Back unit with plywood or leave exposed as desired. To protect wood, seal with varnish.



41. Blackboard and storage unit—$42. Make the sides, top, and bottom of this 72x24-inch-high unit from ½-inch plywood. Frame the back and front interior sections of the box with 1x2s for added support. Use ¼-inch tempered hardboard for the front panels. Cover one with indoor-outdoor carpet tiles for the pinup board; paint the other with blackboard paint. Cut grooves in 1x1s for panel guides, then fasten 1x1s to unit.



44. Patio bench/table—$33. You'll need two railroad ties to make the base of this project. Cut nine pieces from the ties, each piece 15 inches long. Arrange the pieces vertically to form base. Cap the tie base with a perimeter frame of 2x4s. Make the top with 4-foot redwood 1x4s, banded together with mitered 2x4s. Nail redwood top to 2x4 capping on base. To protect against weather, stain and varnish table.

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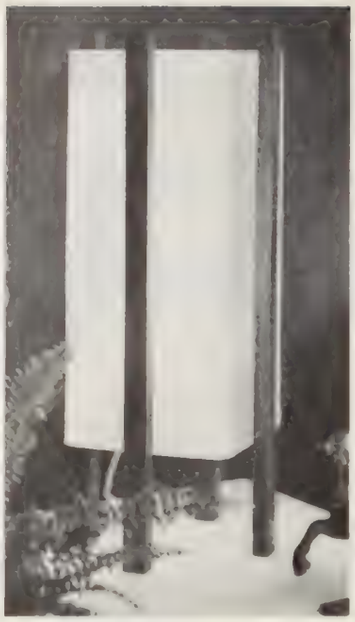
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Every refrigerator is not a Frigidaire.





45. Curlicue lamp—$8. To make this whimsical lamp, cut a length of 1¾-inch diameter tail pipe tubing. Assemble cord with plug, line switch, and wooden plug for bottom of tubing, allowing slack in cord for attaching socket. Press-fit socket into top of end of tubing. Add large 60-watt decorative bulb.

46. Oriental-look lamp—$12. Bend 12x20-inch piece of ⅛-inch opaque acrylic plastic into 5-inch-square tube, using strip heater. Center seam on side and join with acrylic solvent cement. Screw on 16-inch wood legs from inside. Attach plastic square base and mount socket and 40-watt showcase bulb on it.



47. Butcher-block table—$36. Use 2x8 fir to make the 30-inch legs. Make the top from ¾-inch plywood, covered with tongue-and-groove oak flooring. Use the same oak flooring to band the sides. Repeat operation for lower shelf. Attach top to legs with angle brackets, two on each side of each leg. Cut diagonal slots to receive legs. After thorough sanding, seal the top of the table with salad oil.

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48. Rough-sawn cedar fireplace hood—$25. Build the frame first with a 1x8 at the bottom and a 1x2 at the top. Cut 1x8s for the sides so that they taper back. Add two horizontal 1x4s for nailers, then simply nail on 1x4 cedar strips with the rough-sawn face exposed. Countersink finishing nails and fill holes with matching putty. Leave unfinished for best effect.



50. Storage shelves for toys—$14. Surround your child's desk with this easy-to-reach shelf unit. Make the shadow-box frames from fir 1x6s, butt jointed, glued, and nailed together. Arrange shelves to complement desk size and those special treasured toys. Sand unit, then paint with semigloss enamel. Attach shelves to wall with painted-over angle brackets.



49. Contemporary cabinet fronts—$3 per door. Update your kitchen decor with these rich wood panels. Use ¾-inch birch plywood, trimmed to fit your cabinets. Bevel all sides at 45-degree angle to allow for finger pull space and eliminate the need to fill the edges. Round off corners, stain and varnish. Attach with wood screws through the backs of existing doors.



51. Wall-hugging light—$54. Make the sides from 1x6s; groove inside front edge of 1x6s to hold the ⅛-inch panel of frosted acrylic plastic. Glue 1x1s to the panel front. Mount two six-foot-long fluorescent light fixtures to wall. Attach the 1x6s to wall with angle brackets. To change bulbs, remove front panel by gently snapping out of the grooves.

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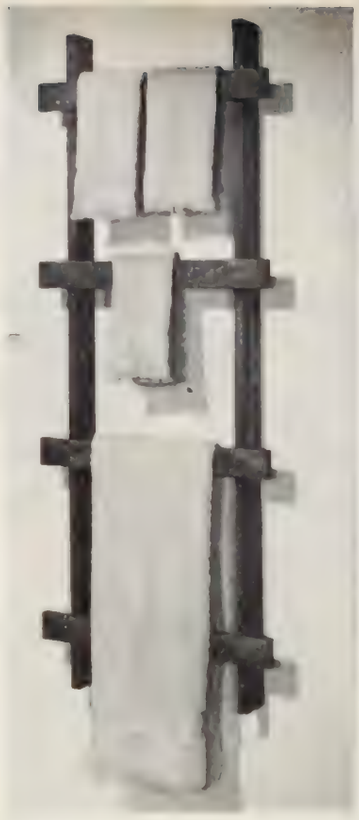


Battery operated cordless clock comes complete with clock movement, assembled fruitwood frame, clock face stamped on natural linen, crewel yarns in hues of rose, blue, green, yellow, brown and complete instructions. Size 14½" x 14½" x 2½" deep. No. 00879, $27.50



A few stitches will master this Classic flower design. Brilliant pink, violet, red and gold flowers bloom alive on neutral background that fits an 18" x 22" frame. Kit comes complete with stamped homespun, yarns, needle, and full instructions. No. 00437, $8.95. Please include postage—$5-$10 add 75c, $15-25 add $1.25, over $25 add $1.50

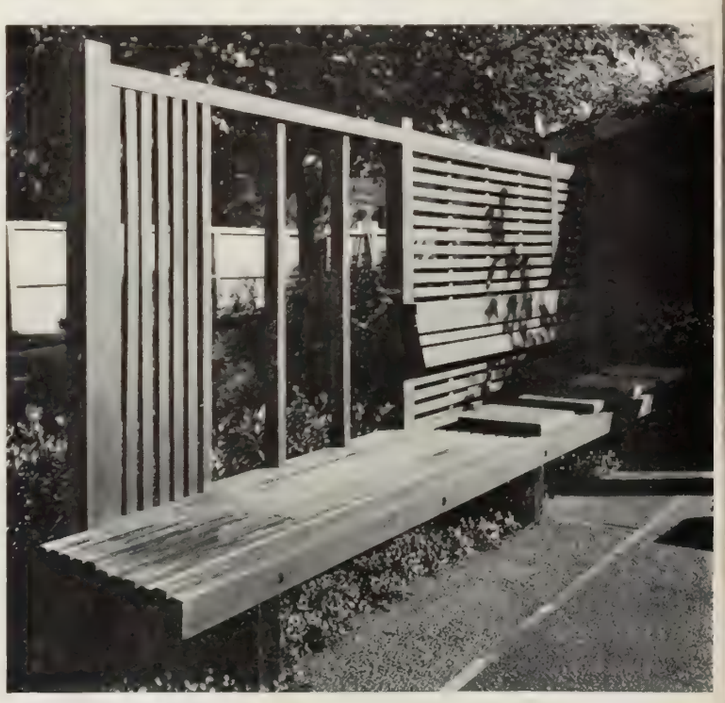
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52. Ladder towel rack—$3. Need more space for towels? Treat yourself to this easy-to-make ladder rack. Cut two 1x3 verticals 48 inches long, and four 1x2 crosspieces 18 inches long. Attach crosspieces flat on the verticals 11 inches apart and nail down. Sand, then brush on desired finish.

53. Storm-door print frame—$45. Here's how to recycle a storm door insert into a display for your favorite prints. Frame outside with 1x2s. Attach similar frame of 1x2s to front inside edges of 1x2 frame. Mount prints on mat board cut to size of window openings and secure mat board to back of windows.



54. Garden screen divider and bench—$95. Set four 4x4 posts in line six feet on center; pour concrete around each. Attach a 2x4 flat as the top rail. Nail 1x2s, ½-inch apart, to the 2x4 vertical nailers to complete the screen. Construct the bench of 2x4s set on edge, spaced ½ inch. Support posts in front are 4x4s; bench seat is 16 inches aboveground. Back rest is four 2x4s set alternately on edge and flat, braced from posts.

Three Popular House Plans from Better Homes and Gardens



French Country Charmer welcomes all with its character and warmth. A striking and practical house, the central utility core helps cut construction costs as does the bold, mansard roof which also forms the walls of the upper level. The floor plan creates a feeling of spaciousness usually found in much larger homes. Covered carport protects the main entrance and doubles as a sheltered play area for children.

Plan 3503-A, 24′ x 36′, 1728 sq. ft.







A Very Traditional Contemporary, this favorite house combines New England influence with the comfort and efficiency of contemporary design. The living room opens wide window walls to the privacy of the rear garden and terrace. Note the nearly complete separation of the children's bedrooms from entertainment center of the house. The loft above the kitchen and dining areas provides a retreat for study, a children's play area or a guest bedroom.

Plan 3403-A, 70′6″ x 32′, 1568 sq. ft.



Well-planned Story-and-a-Half provides maximum space in minimum area. Convenience begins with the double closets in the entry and continues with the center-of-the-house location of the kitchen. Living and dining areas flow around the raised hearth fireplace. The first floor provides complete family living; the upstairs can be finished at anytime to provide even more living space.

Plan 3902-F, 45′ x 29′, 1945 sq. ft.



Each plan package includes a complete set of working drawings, a list of materials required for cost estimating, and an outline of specifications for workmanship and materials—including points to be considered in your contract with the builder. Each plan is priced as follows:

$25.00 1 set with 1 materials list and specifications outlines
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Amount enclosed: For plans $_____
For postage $_____ Total $_____

Name _____
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City _____
State _____ **Zip** _____



55. Greenhouse-flat storage units—$2. To utilize wasted space, mount greenhouse flats on the back of a closet or pantry door. Or build the boxes of 1x3 pine and ¼-inch plywood. Put cup hooks on front to hold removable door springs in place. Paint, then mount to back of door with wood screws for solid door, or with expanding fasteners for hollow-core door.



57. Art gallery light strip—$41. It isn't difficult to put your prized artworks in a favorable light. Begin by attaching two 48-inch twin bulb fluorescent fixtures to your ceiling. Mount the ¼-inch walnut panel valance to the ceiling with angle brackets and screws. Add ogee mold at wall to support plastic diffuser and to hold claw-type picture hooks.



56. Clothesline tray caddy—$3. To store often-used trays separately and vertically, lace a plastic-covered clothesline through cup hooks in a shelf or cupboard. Place the cup hooks about six inches apart, the top row directly over the bottom. Price given is for four rows, three sections of storage. Adapt the idea for convenient storage of phonograph albums.



58. Two-faced room divider—$27. This handsome unit adds interest to two rooms at the same time. Patterned fabric on the living room side adds a decorative effect there, and on the dining side the open frame back looks special too. Make divider with 12 1x1 birch strips nailed to a cross frame of 1x6s and a 1x8. Flat 2x4s top and bottom add strength.



Let's build something

Burgers · Grilled sandwiches
Salads · Macaroni dishes
Casseroles · Vegetable sauces
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Velveeta, Old English, the Ameri-Loaf... they're deliciously de-lable building blocks for any ber of dishes.



Velveeta pasteurized process cheese spread is a mild and wholesome source of nutrition, full of health from milk. It's especially recommended for burgers, main dish casseroles and children's snacks.

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Kraft's building code is a good one. You can depend on it.

KRAFT Division of Kraftco Corporation



59 ↑



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100 IDEAS UNDER 100 DOLLARS

59. Closet office—$14. If you can spare one of your bedroom closets, you'll have all the space you need to get an inexpensive and convenient office like this one. Begin by gutting the old closet of its clothes rods and shelves. Then build new shelves, supported by nailing strips, to suit your storage needs. Next, add shelf dividers and a cork-tile message center. Paint unit with semigloss enamel. You could use the area below the desk to store a handy stool. You may also want to change your existing closet door to double doors as shown here.

60. Bench/screen/storage unit—$60. This project is as simple to build as it is versatile. Build the six-foot-square screen frame of 1x4s, then nail on 1¾-inch-wide lattice molding strips ¼ inch apart. Make the box of ¾-inch plywood, 30 inches wide and 18 inches high. Hinge the lid on a 1x4 across the top and include a divider from front to back in the box for rigidity. Use molding strips to cover the box in same pattern as screen. Finally, set the entire unit on two treated 1x4s laid flat under the box.

61. Shelves/mirror/headboard—$95. This space-expanding mirror surrounded by bookcase shelves makes the perfect complement for a king-size bed. You'll need about 150 lineal feet of 1x8s—the overall unit measures 13 feet wide by eight feet tall (ceiling height). Face the 1x8s with 1x2s. Make bookshelves wide enough at base for nightstands to fit in—or build deep shelves or stands as part of the project. Trim with molding and finish. Price will vary depending on type and quality of mirror used. For a low-cost mirror, attach foot-square mirror tiles to wall instead of using a crystal glass mirror.

62. Backyard playground—$98. Kids will use this versatile playground project to climb up and run down, and as a semi-closed clubhouse. To build, sink 6x6 posts into the ground and secure with concrete footings. Next, nail 1x6s to the 6x6s for use as a ladder and guardrails as shown. Cover rear side and side opposite ladder with ¼-inch plywood; this will serve as the walls for the clubhouse. Make the top platform and incline with half-round fence posts. Prime, paint, and seal unit. Distribute a layer of gravel around the play area to keep playground free of mud.

63. Front door face-lift—$5.50. Liven up a drab door by applying lattice molding strips. With finishing nails, attach alternating strips of ¾-inch, 1⅛-inch, and 1¾-inch molding, leaving ¾-inch spaces between. Cut ends at exactly 45° angles to form 90° angle joints. Paint to coordinate with entrance. (For house number, drive roofing nails into wood block.)



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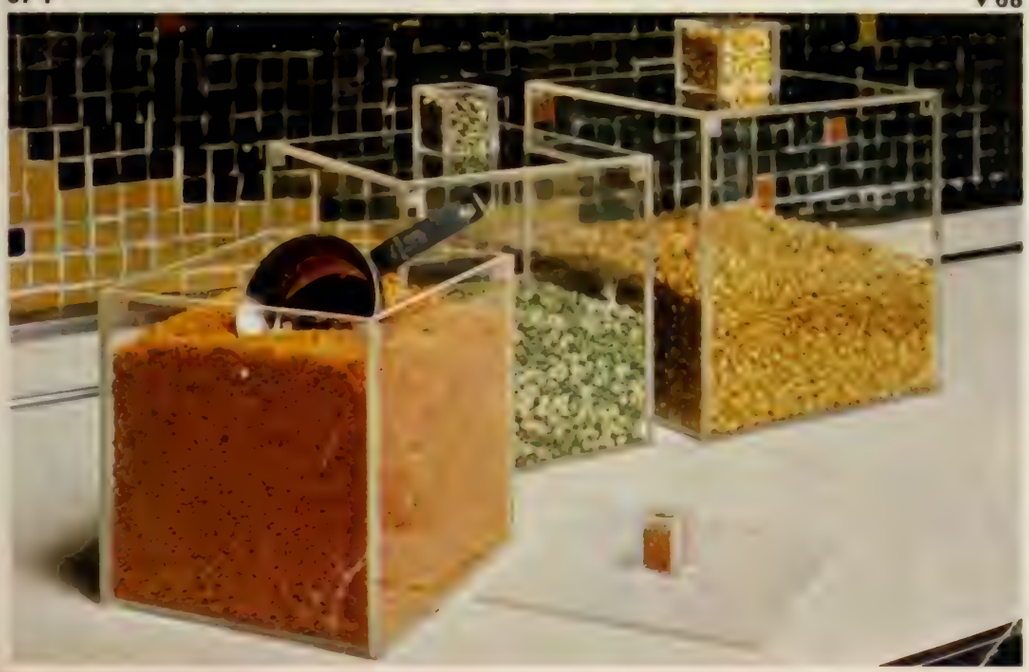
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100 IDEAS UNDER 100 DOLLARS





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64. Yarn-and-can lamp—$16. Gather some empty juice cans, yarn scraps, and lamp parts, and you can create a striking lamp to blend with any room scheme. To make the 5x24-inch base, glue two tall cans and wood discs to the base and wrap them with yarn. A ready-made shade completes the project. For how-to, see page 94.

65. Communications center—$5. Get your telephone necessities all together with this compact shelf and message center. You'll need 1x4 and 1x10 pine, cork surfacing, a pull for the drawer, and paint to blend with the room. Adjust the size to fit your phone and phone book size. Attach unit to wall studs, or fasten to plasterboard wall with toggle bolts. Use cork surfacing with adhesive backing to simplify attaching the message board to box. If more convenient, put a hinged door over the open section at right.

66. Mobile chopping block—$40. Use this sturdy cart for serving and extra counter space. Make the top from an 18x24x2-inch butcher's block chopping board and fasten two 5-inch brass pulls to one end. Supports are ½-inch water pipe sections available at plumbing supply stores. The pipe sections are connected by six tee fittings and sprayed with high-gloss paint. Use four sections of pipe 6 inches long, one 18-inch section, four 14-inch sections threaded at both ends, and four threaded at one end. Assemble the pipe sections by hand and tighten them with a wrench. Attach four floor-type flanges to the top of the pipe, then screw the flanges to the butcher's block with the legs attached. Insert heavy-duty stem-type casters into the unthreaded pipe ends at the bottom.

67. Garden hand truck—$50. Get your garden gear where you need it with this deluxe truck. Start with a basic hand truck (a used one will cost less) then build the box and mount with bolts. You'll need one and a half 4x8 sheets of ¾-inch A-C exterior plywood, and eight lineal feet of 1x2. Hinge the top with two 2-inch hinges, attach metal straps over wood blocks on side for rack, and finish with exterior paint. To make the truck even handier, put dividers inside the box to separate the space into bins and tool sections.

68. See-through canister set—$12. You can see at a glance exactly how much coffee or sugar you have with these containers of ¼-inch-thick clear acrylic plastic. The canisters shown are 6, 7, and 8 inches square. Knobs on the lids are 1, 2, and 3 inches square with the ingredients sealed in. Cut the plastic with a special cutting tool, sand the edges, and remove the protective paper. Hold the sides together with masking tape, carefully apply plastic solvent cement to the joints with a fine-pointed applicator, and let dry. Make the knobs on top the same way, then glue to the lids. To make lips for the lids, cut scrap plastic into tiny squares and glue them into all upper corners of the canisters.



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100 IDEAS UNDER 100 DOLLARS

69. Show-off storage shelves—$8. Solve your kitchen storage problems with this easy and decorative idea. Use space between your counter top and cabinets for custom-size storage areas. Make the open shelves with 1x6s, butt jointed, glued and nailed together. Build boxes to hold specific items, such as your blender and other appliances, glassware, spices, and so on.

70. Playroom sofa/bed—$42. You get two ideas for the cost of one with this project. Kids can use it as a sofa for reading or play during the day, and at night you can use it as a bed for overnight guests. To build, make the base boxes and mattress platform with ¾-inch plywood. Surround the platform with a skirt of 1x6s, extending about two inches above the platform. Use this recessed space to insert a three-inch-thick foam mattress. Cover mattress with vinyl. Last of all, paint 1x6 skirt and wallpaper the boxes.

71. Cedar closet—$75. Ease the closet crunch with this cedar-lined storage unit. You'll need four sheets of 4x8-foot ½-inch plywood, a four-foot-long closet rod, 12 feet of 1x10 pine, and 48 board feet of ¼-inch tongue-and-grooved cedar. Attach a heavy caster under the swinging edge of the unit, to carry the weight evenly. Build the basic plywood box unit, then attach cedar lining inside with glue and staples (through the bottom groove lip). To simplify the box construction, use metal "Ls" (½x3x⅛ inches) for corners. Connect the two halves with a 5-foot piano hinge; use trunk latches to close.

72. Grillwork floor lamp—$30. Make a casual lamp for your den from four cast-iron foundation vents and opaque white acrylic plastic. Glue two 9½-inch-square pieces of ¾-inch plywood together for top and base. Drill holes to accept vent corners. Cut hole in base center to insert light socket and a groove for cord. Sand and paint base and top. Remove screens and dampers from vents, epoxy grilles together, and paint. With strip heater, bend 15x24-inch piece of ⅛-inch plastic into a 6-inch-square tube. Center seam on one side and join it with acrylic solvent cement. Glue plastic and grilles to base and glue top to grilles. Insert showcase bulb, socket, and cord.

73. Shutter headboard—$65. To make this unusual headboard wall, use six shutter door panels each 81x18 inches. Stain and varnish shutters, then nail to wall. Make cornice with 1x12 birch lumber and 4¼-inch crown molding. Build cornice about 20 inches out from wall. Stain to match shutters.



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100 IDEAS UNDER 100 DOLLARS

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74. Supergraphic window idea—$62. If you want a decorative solution to extra-wide windows, try this smashing idea. Start with a 4x8 sheet of ½-inch plywood and cut out an arch design. Using scraps from the part cut out, attach trimming at sides and bottom. Butt joint edges, using nails and glue. Prime and paint cornice with bright red semigloss enamel. Next, laminate a bold pattern fabric to a cut-to-fit roller blind. You can do this job yourself with a kit, or have it done at a window shade store. The price of this project depends mainly on the fabric you use—so shop around for the best design at the lowest price. Finally, attach the roller blind to the plywood back, and hang entire unit on your wall with angle irons; secure to wall studs if possible.

75. Compact patio deck—$91. Add to your outdoor living space and enjoyment with this ten-foot-square addition. Use #3 fir 2x4s ten feet long for the deck surface, and ten-foot 2x12s for the four sides of the frame. Set preservative-treated 4x4 corner posts in the ground. Attach 2x4s as ledgers or nailers on the inside of two sides of the frame, 1½ inches down from the top. Run two ten-foot 2x6 joists parallel to the nailers, attached to 2x12s on each end with joist hangers. For finish, choose exterior stain to complement your house.

76. Stool table with shelves—$5. Start with an unfinished wooden stool, about 30 inches high. Cut ¾-inch plywood pieces and attach with wood screws to top and brace pieces. Fill cracks in the plywood edges with wood putty, then paint entire unit to suit your fancy.

77. Capacious cabinet—$55. You can store a surprising amount of china, serving pieces, and decorative accessories in this compact unit. Start by building a 17x20x72-inch box of ¾-inch plywood. Attach a recessed fixed shelf across the center for stability. For the trim shown at top and bottom, combine 1x2s and crown or cove molding, mitering corners. Then install adjustable shelving strips in the box and cut ¾-inch plywood shelves to fit. For doors, trim four unfinished insert shutters to fit the opening. Countersink all nails and fill holes and exposed plywood edges. Sand the unit and prime. Brush on semigloss paint and choose a contrasting color to accent the moldings. Back the shutters with metallic screening, perforated hardboard, or the fabric of your choice, and hinge shutters at the sides of the box. Install magnetic catches under the middle and top shelves and add small ring pulls to outside. You also can build the unit of furniture-grade plywood.

78. Wall pouches for toys—$6. Here's how to encourage toy pickup. Cut squares of ¼-inch plywood and cover with green burlap. Vary the size of the squares to match the toys to be stored. Now, staple contrasting print fabric to the plywood back to form pockets. Allow enough loose material to avoid stretching fabric. Attach to wall with nails or glue. Price above is for all three toy pouches.



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100 IDEAS UNDER 100 DOLLARS



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79. Contemporary coffee table—$74. To accent your living room, try this easy-to-make coffee table. Build the 42x42x14-inch frame with birch 1x1s (not standard cut, but true 1x1s). Besides the four-piece perimeter sections top and bottom, unit also has eight vertical posts and a two-piece cross section at the base. Butt joint the frame and fasten together with countersunk screws. Next, make one or more storage trays out of ¼-inch plywood. Simply place trays unattached on base for easy removal. Now tack a ¼-inch-wide ledger strip on the inside edges of frame top. These ledgers will support the tabletop, a ½-inch-thick, cut-to-fit square of acrylic plastic. Recess ledger strips so that the plastic top will be flush with the 1x1s. Finally, prime frame and paint.

80. Rainbow yarn appliqués—$20. It's easy to dress up pillows and a headboard with this simple technique of gluing rug yarn to fabric. For all four pieces you'll need about 2¼ yards of 45-inch fabric. You stiffen the designs with interfacing and iron-on bonding fabric, and accent them with cutouts and pompon ball fringe. The headboard shown fits a twin bed and the pillows are 9 and 12 inches wide. For construction details, see page 95.

81. Barrel vaulted ceiling—$73. For a new dimension in any room, try this vault and beam treatment. The room here is 12 feet square, but the project would work in any size room. First attach 12-foot-long pine 2x6s to the ceiling, on edge, 20 inches apart. Next, attach 1x1 cleats to the 2x6s, flush with the bottom edge. Then cut sections two feet wide from ⅛-inch thick, 4x8 sheets of hardboard. Insert them between 2x6s to achieve the vault effect. Paint wood and apply textured finish to the hardboard.

82. Space-saving bath storage—$12. Hang this neat unit on the wasted wall space over the bathroom stool and get display space as a bonus. Removable box component (three shelves) rests on quarter-round molding and lifts out for access to tank. Material is 1-inch pine. Distress the surface, then varnish over walnut stain. Unit measures 39x30x12 inches. Molding strips used for support and top decoration are ⅝ x ⅞ inch.

83. Tepee playhouse—$7. Keep your little braves happy with this quick-to-make tepee. Two six-foot 2x2s serve for the door frame. Simply lean them against the corner in an inverted V-shape, then staple Indian-design fabric between the 2x2s and walls. This way, tepee can be folded against wall when not being used.

100 IDEAS UNDER 100 DOLLARS

84. Office in a corner—$85. This budget office nook has all the storage and work space you need—and, you can close off the desk area from view with a wallpaper-covered roller blind. Begin by making the desk top, desk shelves, cabinet frames, and sidewall with ¾-inch plywood. Insert ½-inch plywood shelves into both cabinets. Attach ¾-inch plywood doors with hinges and add handles.

Fasten roller blind below the top desk shelf and attach a 1x3 on the bottom of the blind for a decorative "finger pull." Cover doors and blind with wallpaper.

85. Redwood planters—$60. To build these sturdy, long-lasting planters, you'll need 126 lineal feet of redwood 1x6s, 30 feet of redwood 2x6s, and sixteen ½x7-inch bolts. First build the basic boxes, using butt joints and casing nails. These boxes measure approximately 60x16x18 inches. Spacer and support under boxes is a 2x6. Drill a few holes in bottom of planter for drainage.

86. Lattice screen divider—$15. Here's a striking way to screen off a corner or separate room areas. Overall dimensions are eight feet high (ceiling height), three feet wide, and four inches deep. Make frame of 1x4s and nail five-foot lattice molding strips to 1x3s, alternating on both sides. Molding is 1⅛x 9/32 inches and is self-spaced. Paint before assembling. For stability, attach divider to wall, ceiling, or floor.

87. Hallway photo gallery—$43. Display family photos on "floating" panels of ¼-inch A-D grade interior plywood. Cover front of panels with dark velvet; attach velvet to back of panels with thumbtacks and glue. Make a small rectangular frame of 1x1s and attach to back of panels. Then position and hang units on your wall. Back photos with heavy cardboard, and attach double-backed tape to the backing. Then position pictures on wall, and push against the velvet.

88. Child's gazebo headboard—$18. Use 1x1s to fashion the "roof line" and the frame posts for the center section. Make the grid center with lattice molding. The figure characters screwed to the lattice frame are made from ¼-inch plywood, cut out with a jigsaw. Prime and paint headboard, then color figures with acrylic paint. Attach headboard to bed frame or wall.

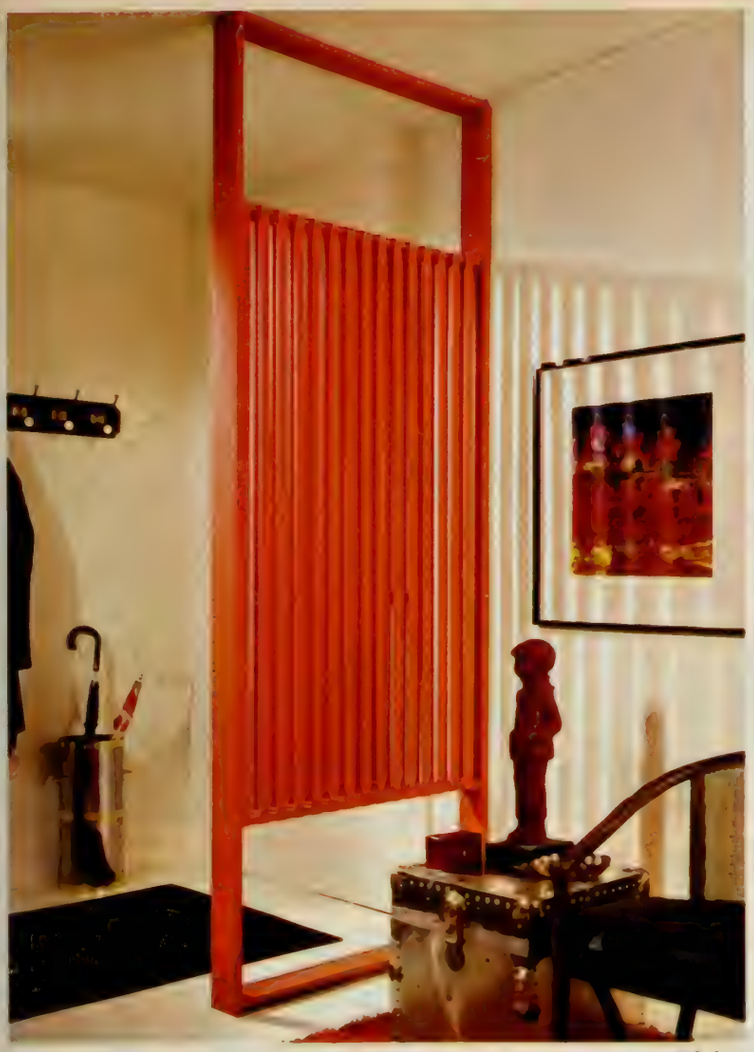
89. Louvered window screen—$24. To cancel a dreary view or add some privacy, make a frame of 1x4s around window, then hinge on louvered doors. Use 1x1 stops at top. Double doors fill standard size window, 36 inches wide by 80 inches; frame extends to ceiling, with handy shelf above door.



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100 IDEAS UNDER 100 DOLLARS

90. Ceiling-light lamp—$10. It's a snap to turn an ordinary kitchen ceiling light into a small shelf or table lamp. The light shown is six inches in diameter and rests on a 7½-inch-square platform 2½ inches deep. Build the platform from scrap lumber, leaving the bottom side open. Drill a hole for the cord in the top. Glue medium-weight fabric to platform, leaving a circular hole in center top, a mite smaller than fixture. Fasten light fixture to platform and run cord through hole.

91. Study desk spruce-up—$15. You can convert an old school desk chair into a conversation piece by covering it with fabric. We used three yards of 45-inch heavy cotton. Clean chair, seal cracks, and sand rough spots. Measure by sections and make paper patterns to fit, allowing for overlap. Cut out fabric according to pattern. Brush a thin layer of white glue on one section of the desk at a time, and smooth fabric into place. Clip and overlap fabric on the corners.

92. Needlepoint book cover—$9.95. Give your telephone book a custom look with this Indian motif you work in needlepoint. The design is *Better Homes and Gardens'* alone and fits standard-size phone books or 15x15-inch pillows. In our kit you'll find all the instructions plus yarns, needle, and stamped canvas.

93. Modern-art door trim—$15. Add a distinctive look to a solid-core exterior door with lumber scraps and flat metal mending plates. Start with L-shaped 6x6x 1-inch plates and fasten them to one side of the door, frieze fashion. Then cut ¾-inch plywood to fit inside plates and nail to door. To prevent rusting, paint or stain lumber and varnish plates.

94. Adjustable louvers—$20. Try this dramatic treatment on one of your problem windows. Cut louvers from 1x8s or 1x10s to fit window. Drill holes in louver top and bottom about one inch from edge to accept ¼-inch dowels. Glue dowels in holes, leaving one inch projecting. Space louvers in window to overlap slightly when closed. Drill evenly spaced 9/32-inch holes in 2x4 crosspieces to accept dowels. Assemble louvers and crosspieces, nail through verticals into crosspieces, and paint. Install, using adjustable furniture glides at top.

95. Needlepoint checkbook cover—$4.95. Stitch up a personalized, practical cover for your checkbook or eyeglasses in needlepoint. This handsome oriental peony cover was designed exclusively for *Better Homes and Gardens*. Our kit contains yarns, needle, stamped canvas, and complete instructions.

For needlepoint kits, see page 128.



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94 →





→ 96

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100 IDEAS UNDER 100 DOLLARS

96. Needlepoint pillows—$5 each. These mini pillows are so easy to make you'll want to stitch up several. They're excellent projects for beginners—you use just one stitch and automatically form diagonal stripes by changing yarn colors at the ends of the rows. Each pillow is 9x12 inches and has a solid-color fabric backing. For instructions, see page 100.

97. Folding art screen—$75. Display your favorite prints on a ready-made screen. Separate the panels, remove hardware, and spray-paint background color. Trim edges with ½-inch upholsterer's tacks. To keep tacks straight, apply masking tape an inch from the panel edges and mark off in ½-inch segments. At each mark, hammer a tack in halfway, remove the tape, and pound the tacks all the way down. Mount prints on mat board with spray adhesive and attach to panels with rubber cement. Reassemble screen.

98. Storage from wastebaskets—$18. These handy stacked storage bins—for toys, clothes, or whatever—are heavy plastic trash containers, set in a frame of pine. Overall dimensions of the unit are determined by the size of containers; this one is 39 inches high. Upright pieces are 1x4s, crosspieces between cans are three inches wide. Crosspieces in containers are 1x2s, which give support, besides keeping things in. Note that support pieces under baskets are tapered to fit. Glue and screw unit together; leave screwheads exposed, but set in finish washers.

99. Tractor-funnel lamp—$14. Make an intriguing hanging lamp from an unlikely item: a galvanized lock-on tractor funnel (available at hardware and farm supply stores). Remove the lock-on device with a hacksaw, then sand the funnel exterior to accept paint. Coat with primer and high-gloss paint. With epoxy, embellish the funnel with braid or scraps and decorative fabric cutouts. Mount a pull-chain light socket in the funnel top and attach a heavyweight lamp cord to it. Cover cord with burlap casing and fasten a tassel to the switch string.

100. Pop-art wall hanging—$18. All you'll need for this easy project are two 4x8 sheets of A-D grade plywood —one is ¼ inch thick, and the other ½ inch thick. Paint the ½-inch board a bright color. You can, if you wish, reduce the size of the hanging to whatever dimensions suit your room best. Using a jigsaw, cut a pattern in the ¼-inch plywood sheet, paint black, and attach to the thicker sheet with glue. With scrap plywood, cut a circle, paint yellow, and glue to the black sheet. Attach a 1x1 nailer strip to back of the red plywood piece and hang on wall with angle irons.



99 ↑ ↓ 100



Meal-size Salads

By **Doris Eby,** Food Editor

Six sensational salads for you to try when it's too hot to cook... but everybody's hungry.

Cool for Company

Crisp romaine, spinach, and bibb lettuce leaves are the base of our **Beef and Caesar Salad** (opposite). Strips of cold rare roast beef, cherry tomato halves, and garlic croutons make it a main dish that men will cheer. The Caesar is in the dressing—egg and anchovy add their special flavors to a cream cheese, blue cheese, and sour cream base. Top with more blue cheese if you wish.



Made to order for warm weather entertaining—that's our **Shrimp Tomato Vinaigrette** (above). Rosy crescents of shrimp, Chinese pea pods, and green onion mellow in a marinade of Italian dressing mix, wine, capers, wine vinegar, and oil. Serve with sparkling glasses of chilled Riesling or Rhine wine.

(Recipes begin on page 102)



Meal-size Salads

Delicious for Dieters

Whether you're cutting down on calories or not, you'll want to add **Slim Ham Slaw** (opposite) to your salad repertoire. Begin with a leafy cabbage. Cut out and shred the center, then use the outer leaves as a salad bowl. Add cubed ham, chopped green pepper, and radish slices to the center slaw and generously spoon on the tangy mayonnaise-type cooked dressing. (166 calories per serving)



For a continental entrée, try **Turkey in Aspic** (above). You arrange turkey slices, egg slices, asparagus, and pimiento in a pan, then set aglaze with partially set broth flavored with horseradish, onion, lemon, and parsley. Then chill and cut into six individual servings. (169 calories per serving)

(Recipes begin on page 104)



Meal-size Salads

Fun for Family

Have a family fiesta with our **Chili Con Salad** (opposite). Fill your salad bowl to the brim with iceberg lettuce chunks, chopped tomato, pepperoni, and ripe olive slices. Sprinkle liberally with corn chips and cheese and you're ready for the special part—the jiffy dressing. It's canned chili con carne with beans that you simply heat and pour on. Another time, prepare this south-of-the-border salad in individual bowls or use your leftover homemade chili for the dressing.



Salmon Potato Salad (above) turns everyday potato salad into a mealtime treat. It starts with the ingredients you'd expect: cubed potatoes, celery, carrot, green onion, hard-cooked eggs, and mayonnaise. But then the salad takes on some style with the addition of salmon, cottage cheese, and dillweed. Chill well and serve atop green pepper rings; top each individual serving with colorful crisp carrot curls for extra appeal.

(Recipes begin on page 106)

Photographs: Sunset and Norris Food Stylist: Fran Poulson





Photographs: Dieter

Pork over the coals

Outdoor chefs will agree that pork can add a delectable variation to the barbecue menu. Try the four tasty entrées at your next patio party or family gathering.







GLAZED PORK BOSTON SHOULDER

Allow 40 to 50 minutes roasting time per pound of meat—

5- to 6-pound boned, rolled pork Boston shoulder
¼ cup dry white wine
¼ cup apple jelly
2 tablespoons lemon juice
2 tablespoons cooking oil
1 tablespoon snipped parsley
1 teaspoon salt
1 teaspoon worcestershire sauce
½ teaspoon celery seed

Insert spit through center of roast and adjust holding forks. Insert meat thermometer at slant into roast so tip is in center but not touching fat or spit. Arrange medium coals in firebox around foil drip pan under roast. Attach spit; turn on motor and cook for 4 to 4½ hours or till meat thermometer registers 170°, brushing with Apple Glaze last half hour. Makes 8 to 10 servings.

To make Apple Glaze: Combine wine, jelly, lemon juice, oil, parsley, salt, the worcestershire and celery seed. Beat till smooth. Makes ¾ cup glaze.

GOLDEN GLAZED RIBS

Great tasting alternative to traditional tomato barbecue sauce—

4 pounds pork back ribs, cut in serving-size pieces
1½ cups water
1 cup snipped dried apricots
½ cup brown sugar
2 tablespoons vinegar
1 tablespoon lemon juice
1 teaspoon ground ginger
½ teaspoon salt

In large saucepan or Dutch oven, cover ribs with salted water. Cover and simmer till ribs are tender, about 1 hour. Drain well and season with a little salt and pepper. Brush ribs with Apricot Glaze and cook over medium-low coals for 20 to 30 minutes, turning once or twice and brushing occasionally with additional glaze. Makes 4 servings.

To make Apricot Glaze: In saucepan, combine water, apricots, brown sugar, vinegar, lemon juice, ginger and salt; bring to boiling. Reduce heat; cover and simmer 5 minutes. Pour mixture into blender container; cover and blend till smooth. Makes 2 cups glaze.

EASY BARBECUED PORK CHOPS

Thick, man-pleasing chops—

6 pork rib chops, 1 inch thick
1 8-ounce can (1 cup) tomato sauce
½ cup water
⅓ cup finely chopped onion
¼ cup extra-hot catsup
1 tablespoon sugar
1 tablespoon vinegar
1 tablespoon worcestershire sauce
¼ teaspoon salt

Sprinkle chops with a little salt. Grill chops over medium coals for 35 minutes, turning once. Meanwhile, in small saucepan, combine tomato sauce, water, onion, catsup, sugar, vinegar, worcestershire and salt. Bring to boiling; reduce heat and simmer, uncovered, for 15 minutes. Brush chops with sauce; grill 5 minutes more. Pass remaining sauce. Makes 6 servings.

HAM-YAM KABOBS

Perfect for company fare—

2 pounds cooked ham, cut in 1½-inch cubes
2½ pounds fresh yams, pared, cooked and cut in 1½-inch pieces
1 medium green pepper, cubed
1 teaspoon cornstarch
1 6-ounce can frozen pineapple juice concentrate, thawed
½ cup chili sauce
3 tablespoons honey
2 tablespoons cooking oil
1 teaspoon prepared horseradish

Thread cubed ham, yams and green pepper alternately on 6 skewers. Brush kabobs with Zesty Pineapple Sauce. Grill over medium coals for 15 to 20 minutes, brushing with sauce frequently. Pass remaining sauce. Makes 6 servings.

To make Zesty Pineapple Sauce: In small saucepan, combine cornstarch and 2 tablespoons of the pineapple concentrate. Stir in the remaining concentrate, the chili sauce, honey, oil and horseradish. Cook, stirring constantly, till sauce comes to boiling. Boil 1 minute. Makes about 1 cup sauce.





STARS N' STRIPES

Chicken Noodle plus Chicken & Stars

They'll all come marching in when you give them this combination. Campbell's Chicken & Stars Soup with enriched macaroni and Campbell's Chicken Noodle Soup with golden egg noodles. They're both made with two chicken stocks and tasty pieces of chicken. Use one for the stars, one for the stripes; add two cans of water, and you have the most all-American soup around. Want another new soup idea? Combine Turkey Noodle and Vegetable (plus 1½ cans of water) and you get Vegegobble. In fact, you can combine just about any two Campbell's Soups and come up with a delicious original soup.

M'm! M'm!



"May all your collinses be Galliano collinses."

From one collins lover to another, that must surely be the ultimate toast.

Because the Galliano® collins is the last word on the subject of collinses. Gin with lemon juice, like so many other familiar combinations, gains a totally new stature under the tasteful influence of Galliano.

Next time you feel like astounding some friends with your advanced barmanship, get a bottle of Galliano and mix as follows before toasting:

3/4 oz. Liquore Galliano
3/4 oz. gin
juice of 1 lemon
1 teaspoon sugar

Shake well and pour into tall glass over ice cubes. Fill with club soda.

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Buying information, page 123

FAST MEAL-IN-ONE SANDWICHES

Hearty Braunschweiger Sandwiches

A tasty version of the Reuben that rates first prize in the fast category of the meal-in-one sandwiches—

3 tablespoons mayonnaise or salad dressing
3 tablespoons Dijon-style mustard
10 slices dark rye or pumpernickel bread, toasted
10 slices braunschweiger
5 slices (5 ounces) process Swiss cheese, halved diagonally
1 8-ounce can sauerkraut, heated and drained

In bowl, combine mayonnaise and mustard. Spread on one side of each piece of toast. Top half the slices of toast with 2 slices braunschweiger and 2 half-slices Swiss cheese. Place under broiler till heated through and cheese has melted. Top each with ¼ cup of the hot sauerkraut and second piece of toast. Makes 5 sandwiches.

Mrs. Maxine L. Brady, Waterville, Maine

Cut along dotted line



Photograph: Dieter

FANCY MEAL-IN-ONE SANDWICHES

Salmon Club Sandwiches

The fancy prizewinner starts with a zesty salmon salad—

½ cup mayonnaise or salad dressing
½ cup finely chopped celery
1 teaspoon instant minced onion
¼ teaspoon prepared mustard
1 7¾-ounce can salmon, drained and flaked
½ cup cream-style cottage cheese
2 tablespoons pickle relish
¼ teaspoon dried dillweed
12 slices bread, toasted and buttered
4 lettuce leaves

Combine mayonnaise, celery, onion, and mustard; stir in salmon. Combine cottage cheese, pickle relish, and dillweed. Spread 4 slices of toast with salmon mixture; top each with second slice of toast, lettuce leaf, one-fourth of cottage cheese mixture, and another slice of toast. Cut in quarters; secure with wooden picks. Makes 4 servings.

Mrs. William Sincock, Flint, Mich.



PRIZE TESTED RECIPES
ADD TO YOUR COOK BOOK

FANCY



Open-face Crab Louis Sandwiches

An elegant luncheon sandwich—

½ cup mayonnaise or salad dressing
2 tablespoons French dressing
2 tablespoons chili sauce
2 tablespoons sliced green onion
2 tablespoons chopped pimiento-stuffed olives
½ teaspoon prepared horseradish
¼ teaspoon worcestershire sauce
Dash bottled hot pepper sauce
3 hard-cooked eggs, sliced
1 7½-ounce can crabmeat, drained, flaked, and cartilage removed
6 slices white bread, buttered
3 cups shredded lettuce

Combine first eight ingredients; set aside. Reserve 12 egg slices; chop remainder and combine with crab. Add enough dressing mixture to moisten crab (½ cup). Cover each slice of bread with ½ cup lettuce; drizzle with remaining dressing. Top with ⅓ cup crab mixture and reserved egg slices. Makes 6 servings.

Mrs. Wayne Banks, Paris, Tenn.



Omelet Loaf

Perfect for brunch—

1 loaf French bread
4 tablespoons butter or margarine
4 ounces Monterey Jack cheese, sliced and cut in triangles
6 beaten eggs
1 tomato, diced (1 cup)
1 3-ounce can chopped mushrooms, drained (about ½ cup)
½ cup evaporated milk
¼ cup sliced green onion
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter or margarine

Halve bread lengthwise; scoop out center of bottom half leaving 1-inch shell. Spread with the 4 tablespoons butter or margarine; toast under broiler. Arrange cheese on bottom half. Combine eggs, tomato, mushrooms, milk, onion, salt, and pepper. Melt remaining butter; add egg mixture. Cook and stir till softly set. Spoon over cheese; replace top of bread. Makes 6 servings.

Corrinne Baker, Salt Lake City, Utah

FAST



Big Beef Bundles

Served with a beefy sour cream sauce—

1 package refrigerated crescent rolls (8 rolls)
½ cup (2 ounces) shredded sharp natural cheddar cheese
1 15½-ounce can sloppy Joe barbecue sauce with beef
¼ teaspoon paprika
¼ teaspoon dried basil, crushed
½ cup dairy sour cream

Unroll crescent roll dough; seal perforations to form 4 rectangles. Sprinkle 2 tablespoons cheese over dough and top with 2 tablespoons of the barbecue sauce. Fold rectangles in half, forming 4-inch squares. Press the three open sides closed with fork. Place on greased baking sheet. Sprinkle with paprika and basil. Bake in 375° oven for 12 to 15 minutes or till golden. Meanwhile, in saucepan, heat together the remaining barbecue sauce and the sour cream (do not boil). Spoon over beef bundles. Makes 4 servings.

Mrs. Cecil L. Smith, Westwood, Mass.



Italian Sausage Rolls

Kids and Dad alike will love this hearty sandwich—

1 pound Italian sausage in casing
¼ cup water
2 medium green peppers, cut in strips
2 medium onions, thinly sliced
5 hard rolls, split and buttered

In covered skillet, cook whole sausage in water for 5 minutes. Drain. Continue cooking sausage over low heat 12 minutes more to brown, turning often. Drain sausage on paper toweling; reserve 2 tablespoons drippings. Cook green pepper and onion in drippings, covered, over medium-low heat till tender, about 10 minutes, stirring occasionally. Cut sausage in 5 portions; return to skillet and heat through. Place sausage in roll; top with green pepper and onion. Makes 5 servings.

Chris Hesketh, Mill Valley, Calif.

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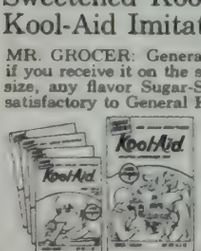


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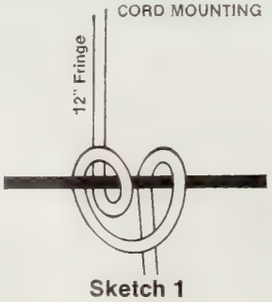
Macrame hammock See page 47

Materials: 2,950 feet of 9/64-inch braided nylon utility cord, 50 feet of ¼-inch nylon rope, heavy rubber bands, two yardsticks, two pieces of hardwood 2¾x50 inches, one 6-foot board to hold work, 4-ply yarn for pompons (optional). Overall size: 3½x6 feet.

1. Cut 208 cords into 12-foot lengths, 8 cords 8 feet long (holding cords), and 360 feet for hammock ends. Fuse all cord ends to prevent fraying and tie in bundles with rubber bands.

2. Pound nail into both ends of 6-foot board and knot 8-foot holding cord between nails with 1-foot overhang.

3. Mount 208 12-foot cords to a holding cord in knot (sketch 1), allowing 1 foot above holding cord for fringe.



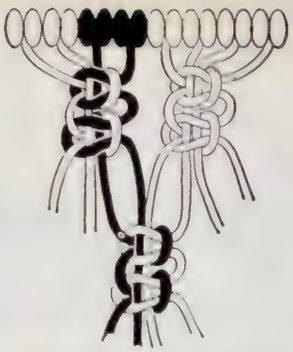
Sketch 1

4. Knot three more rows beneath of horizontal double half hitches, using 8-foot holding cord as knot bearer for each row (see sketch 2).



horizontal double half hitch
Sketch 2

5. Main body of hammock is double alternating square knots (sketch 3). Before knotting, weave yardsticks over first cord, under second two cords, over next two, and so on to the end. Tie square knots in groups of four (52 knots per row), keeping knots tight against yardsticks.



alternating square knots
Sketch 3

6. Slip yardsticks out after completing one row of double alternating square knots. Leave two cords free at each end that will *not* be knotted in the next two rows. Weave yardsticks through the two loose cords, over one, under two, over two, and so on, ending over one, then two loose cords. Tie knot to yardsticks after completing another row of double alternating square knots. Slip out yardsticks and insert again as for first two rows of square knots.

7. Hammock is 19 double alternating square knots wide. When you finish last knot, make four rows of double half hitches, using an 8-foot cord for each row as the knot bearer, with 1-foot overhang. Trim fringe.

Attaching hammock ends

Cut 50 foot rope in half. Fold each 25-foot length in thirds and cut. Keeping ropes even, fold in half. Measure 34 inches from cut ends and begin whipping to make loop about four inches long. Run end of whipping cord back into work.

Separate ropes into two groups of three ropes, each of which will attach to each end of hardwood boards. Complete whipping on the eye (loop) and run ends into work.

Drill a ½-inch hole in board, centered four inches from each end. Sand wood and paint black. When dry, thread ropes through holes, knot on back, and fuse ends.

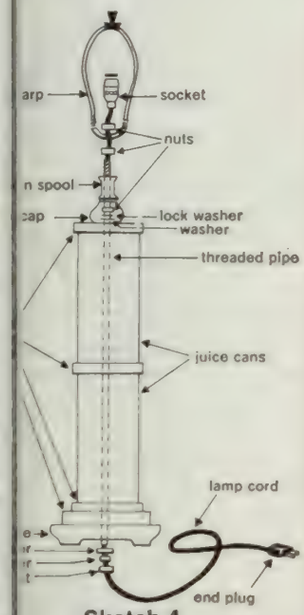
Place boards at top and bottom of finished hammock, whip holding cords around them, knotting on underside, and run ends under whipped area.

Using hammock cord, whip each loose cord at outer edge of all rows 7-8 about 21 times. Space whipping on board evenly for an attractive pattern, then knot on underside of board and run ends in. Whip hanging cords together above board about four inches on each side.

Yarn-wrapped can lamp See page 69

1. Cut three 4¼-inch discs from ½-inch pine, and a 5¼-inch disc from ¾-inch pine. Drill ½-inch holes in centers, sand and paint.

move tops from two 3¾x ıch clean juice cans. Punch :h hole in center of bot- Spread thin band of white ıear bottom and press on arn into it, winding until re evenly covered.
ssemble parts temporarily o-foot threaded steel pipe, ıre, and cut pipe to fit. large disc to ready-made base, then add smaller Glue on first can. Insert through holes and secure ɔrarily under base with a ill can with pebbles. Glue disc, add second can, and n the disc.



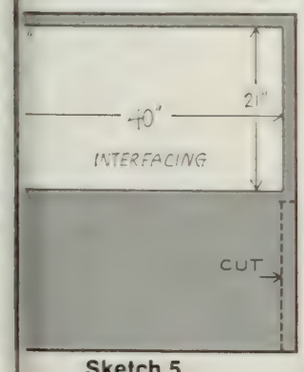
Sketch 4

hen dry, wire socket and ble lamp parts according :tch 4. Cover exposed can with yarn and add ready- shade.

headboard and pillows

ıge 75

ials: 2¼ yards of 45-inch m-weight fabric, 1½ yards -inch nonwoven interfac- ¼ yards of 45-inch lining , 2 yards of 22-inch iron- ɔnding fabric, ball fringe ɔns, white glue, 12-inch pillow form, 9- and 12- round pillow forms, rug —one skein each of red, , black, avocado, dark ı, melon, mint green, teal ed brown.



Sketch 5

r headboard, cut 43-inch square. Cut 21x40-inch piece of interfacing and laminate it to wrong side of fabric with a 21x40-inch piece of bonding fabric (see sketch 5). Allow 1½ inches on all sides for hems and casings.

2. Cut fabric on dotted line. Fold sides over interfacing and stitch about an inch from fold. Do same for top to make casing. Fold up fabric at bottom edge of interfacing to make a one-inch casing and stitch.

3. Transfer design to right side of fabric with dressmaker's carbon paper or pin on pattern, stitch around outlines, and tear away the paper. Machine-stitch around all sections to be cut out and seal stitches with glue. Make cutouts as indicated. Black areas are cutouts, striped indicate fabric, and white indicate yarn.

Continued on page 100

Announcing three new Oriental dinners as good as the restaurant kind.



Lo Mein Dinner, Teriyaki Dinner and a mix for Hibachi Burgers. They're the three newest additions to the Chun King Skillet Dinner line. Our Lo Mein Dinner consists of soft Oriental noodles in a beautifully seasoned Oriental sauce. Just add beef or pork for a dish as good as the restaurant kind. Our Teriyaki Dinner lets you turn plain sliced beef into this specially seasoned Japanese favorite. For something very new and very different try our Hibachi Burger Mix. Crisp Oriental vegetables and seasonings which you blend into your own fresh-ground beef to make delicious burgers.

Chun King Skillet Dinners. They're new, they're different, delicious and exciting. They let you turn out Oriental food as good as the restaurant kind. Maybe even better because you add your own meat. Everybody's making a big fuss over them because nobody has to make a big fuss with them. They go from stove top to table in minutes and it's all done in a single skillet.



Now there are nine different Chun King Skillet Dinners. Each one, better than the next, and all as good as the restaurant kind. Come to Chun King.

Chun King® Skillet Dinners.

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Use the convenient coupon above for ordering.

Barbecues



Summer eating has been turned inside out. The sky's the limit. Any style of eating that you enjoy inside is even greater outdoors.

Make the most of today's equipment for outdoor cooking, the patio or deck you have or your favorite nearby park. You don't need guests or a holiday; take any beautiful summer day and turn eating inside out.

Although a picnic or barbecue can be a big, elegant affair, it also can be put together at a moment's notice. The latter may be the most enjoyable, so don't be afraid to let the late afternoon sunshine be your inspiration for an outside evening meal.

If you keep charcoal, aluminum foil, paper plates, etc. on hand, you are in business. Nearly all summer foods move outside very well, and you'll be surprised at what you have available for an outdoor meal when the idea strikes.

Cooking kabobs over the coals doesn't require marinated lamb squares (although they are delicious). Folded slices of bologna, frankfurter cuts, bacon, chunks of ham or canned luncheon meat, pieces of round steak, shrimp or scallops all work well on the sword. Combine them with pre-cooked or canned potatoes, onion, eggplant, green peppers, mushrooms, tomatoes, cucumbers or pineapple chunks. Please everyone and

New taste twist in barbecues



Mix it in. Spread it over. Baste with it. Just look at all the ways you can use Lipton Onion Soup Mix: as Onion Butter. Onion Barbecue Sauce. And in mouth-watering Lipton Onion Burgers. Try these easy recipes with Lipton Onion Soup Mix next time you cook outdoors. It's the new way to season for the summer.





Onion Burger

1 envelope
Lipton Onion Soup Mix
2 pounds ground beef
½ cup water

Combine
Lipton Onion Soup Mix
with meat and water. Shape into 8 patties. Grill over charcoal, or broil.

FAMILY FOOD IDEAS

nd Picnics

FAMILY FOOD IDEAS

bring the preparation time down to nothing by letting everyone fix his own kabob.

Dessert kabobs add fun to any outdoor meal. Alternate big marshmallows and chocolate drop cookies on a skewer and toast until they're good and gooey. Or cut refrigerated biscuits in thirds, rolling each piece into a ball. String on skewers about ½ inch apart. Turn constantly over hot coals until browned and done, about 7 minutes. Quickly dip in melted butter or margarine and roll in a cinnamon-sugar mixture. Or try dipping cubes of angle or pound cake in sweetened condensed milk and rolling in flaked coconut. String on skewers and toast.

Potato salad is a summer favorite. Since it is always best when made ahead it is loved by the chief cook too. For variety try this zesty one.

Calico Potato Salad

5 medium potatoes, cooked and sliced (about 5 cups)
2 cups drained cooked cut green beans
1 8-ounce can (1 cup) tiny whole beets, drained
½ cup sliced celery
½ cup sliced green onions
½ cup sliced radishes
1 teaspoon salt
½ teaspoon coarse black pepper
1 cup chilled Horseradish Dressing

Chill the vegetables thoroughly. Combine, and season with salt and pepper. Just before serving, toss vegetable mixture with 1 cup Horseradish Dressing.

Horseradish Dressing: Blend ½ cup mayonnaise or salad dressing, ¼ cup sour cream, and 3 tablespoons prepared horseradish. Add 1 cup clear French dressing, stirring till smooth. Chill. Makes 1¾ cups.

Try submarine sandwiches for a picnic to simply spread-out-and-eat. Wrap miniature French loaves and take along prepared mustard, garlic butter and mayonnaise with curry powder for spreading on the split loaves of bread. In an ice chest take baked ham, Swiss cheese, tomatoes, cucumber, lettuce, olives, pickles, what-have-you. Let everyone stack up his own super sandwich.

Remember a day in the outdoors calls for a lot of food. Be prepared with snacks as well as the lunch. A can of cookies and fresh fruit will disappear through the day.

Barbecues from the easiest (with some imaginative touches) to the most elegant are planned in the Better Homes and Gardens Creative Cooking Library book Barbecues and Picnics. It also includes patio sandwich suppers, salad plates and porch picnics. Idea-packed is the best way to describe the meals on the go that are featured. Cook-a-little picnics, spread-out-and-serve basket lunches and individual meal packs are included. In all, 135 recipes are in the Barbecues and Picnics book and are offered to you (along with the other books from the Creative Cooking Library) at special savings by the Family Food Idea advertisers in this issue.

You'll have a head start on summer cooking by reviewing the ideas presented by these advertisers below and on the following pages in this month's Family Food Ideas section of Better Homes and Gardens.

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s with Lipton® Onion Soup Mix.



Onion Butter

1 envelope Lipton Onion Soup Mix
½ pound butter or margarine

Blend Lipton Onion Soup Mix thoroughly with softened butter or margarine. Makes about 1¼ cups. Store covered in refrigerator.

Try Onion Butter spread on hot cooked ears of corn.

Or butter uncooked corn and wrap in foil for roasting over hot coals or in 400° oven 20 minutes.

Try these, too: sliced French or Italian Bread spread with Onion Butter, wrapped in foil, and heated 15-20 minutes. Onion-Buttered baked potatoes, noodles or vegetables. Onion-Buttered minute steaks or hamburgers.

Onion Barbecue Sauce

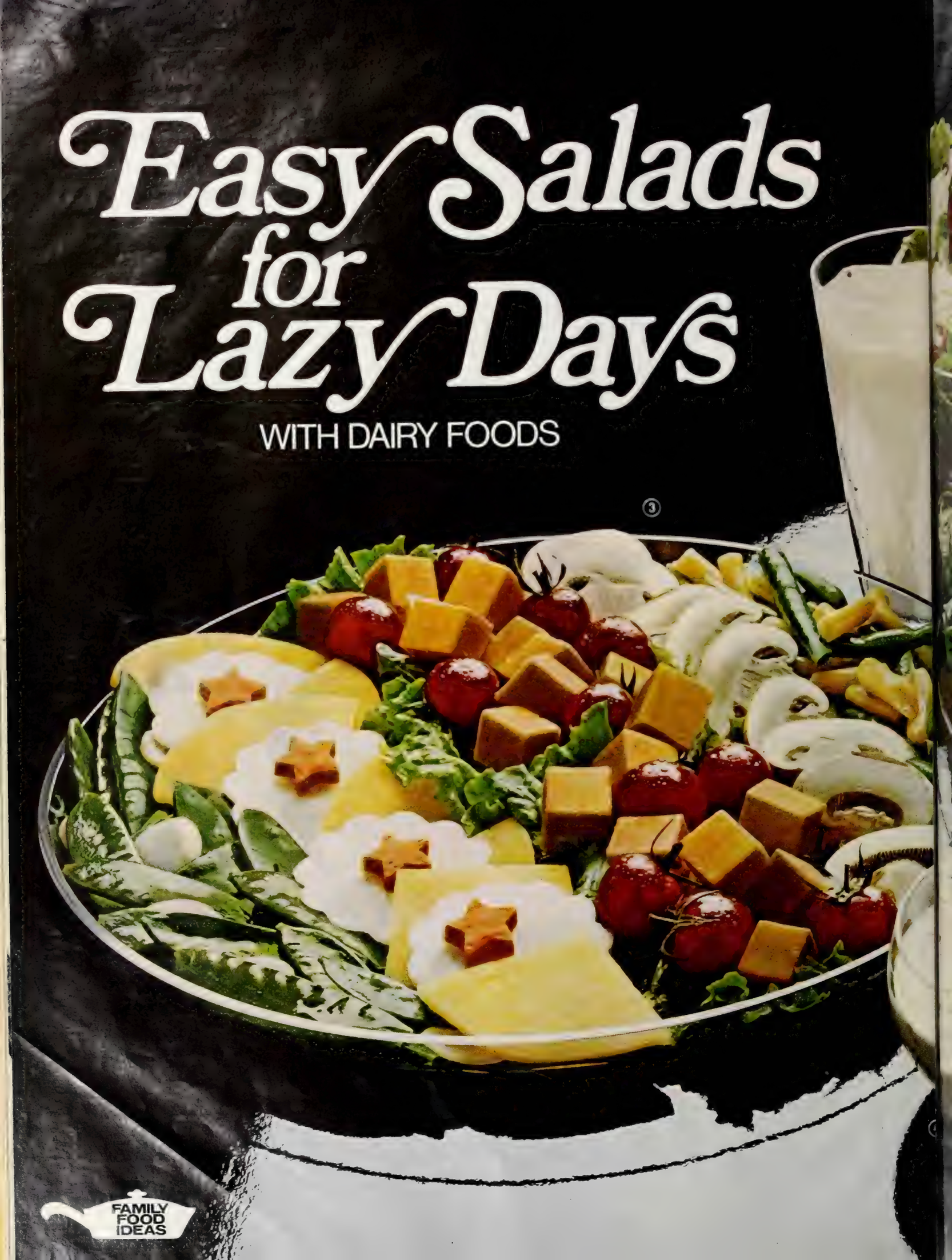
1 envelope Lipton Onion Soup Mix
1 cup chili sauce
½ cup firmly packed dark brown sugar
¼ cup lemon juice
1 tablespoon prepared mustard
1½ cups water

In medium saucepan, combine Lipton Onion Soup Mix, chili sauce, brown sugar, lemon juice, mustard and water. Bring to boil and simmer, uncovered, 20 minutes. Makes about 2½ cups sauce.

Use as a basting sauce for barbecuing chicken, steaks, chops, kabobs, hamburgers, spareribs or frankfurters.

Easy Salads for Lazy Days

WITH DAIRY FOODS



FAMILY FOOD IDEAS



Easy Salad Recipes

1. **ITALIAN SALAD**

1¼ cups sliced carrots
1 bay leaf
2 Tbsp. salad oil
1 envelope (.6 oz.) Italian salad dressing mix
2 Tbsp. milk
1 cup dairy sour cream
¼ pound sliced salami
4 cups torn Boston lettuce
2 cups torn spinach
1 cup curly endive
1 cup (4 oz.) shredded Provolone or Mozzarella cheese
Green pepper rings
Red onion rings

Cook carrots with bay leaf in salted water until tender; drain. Remove bay leaf. Combine oil and ½ teaspoon Italian dressing mix in a bowl; toss with carrots. Cover and chill. Combine remaining salad dressing mix with milk; fold into sour cream. Cover and chill. Reserve 1½ slices salami for cornucopias. Chop remaining salami and toss with lettuce, spinach, endive, and carrots. Arrange cheese, green pepper and onion rings on greens. Using ½ slice salami for each, make 3 cornucopias. Place in center of salad. Makes 4 servings.

2. **TOMATO ACCORDION**

1 cup cottage cheese
¼ cup dairy sour cream
¼ cup sliced radishes
¼ cup chopped celery
2 Tbsp. chopped green onion
½ tsp. dry mustard
½ tsp. sugar
½ tsp. seasoned salt
¾ cup chopped cucumber
4 large tomatoes
Bibb lettuce

In a bowl combine cottage cheese, sour cream, radishes, celery, onion, mustard, sugar and salt. Stir in cucumbers. (Yield: 2 cups) Turn tomato, stem end down. Cut down, not quite through, making 3 slices. Spread sections apart; fill each tomato with ½ cup cottage cheese mixture. Serve on Bibb lettuce. Makes 4 servings.

3. **ORIENTAL SALAD**

1 cup sliced white turnip
1 cup sliced rutabaga, cut in quarters and cooked
8 carrot flowers, ¼-inch thick
1 cup whole green beans, blanched
1 cup cut wax beans, blanched
1 cup Chinese pea pods, blanched
3 water chestnuts, cut in half
1 cup sliced fresh mushrooms
12 cherry tomatoes
1 cup (4 oz.) cubed Cheddar cheese

Using scissors or cookie cutter cut turnips to give a petal effect. Alternate rutabaga and turnip slices on serving platter, place a carrot flower in the center of each turnip slice. Toss together green and wax beans, arrange on platter. Arrange pea pods, top with water chestnuts. Arrange mushrooms and tomatoes with Cheddar cubes on leaf lettuce. Makes 4 servings.

Dressings for Oriental Salad

4. **SESAME**

1 carton (8 oz.) plain yogurt
¼ cup toasted sesame seed
1 Tbsp. honey
½ tsp. paprika
¼ tsp. salt

In a small bowl combine yogurt, sesame seed, honey, paprika and salt. Chill. Garnish with toasted sesame seed. Yield: approx. 1¼ cups.

GARLIC SOY (not shown)

1 cup cottage cheese
2 Tbsp. soy sauce
1 Tbsp. chopped green onion
1 Tbsp. shredded lemon peel
1 Tbsp. finely chopped candied ginger
1 small clove garlic, crushed
Milk

In a small mixing bowl beat cottage cheese until fairly smooth. Add soy sauce, onion, lemon peel, ginger and garlic. Stir in milk to desired consistency. Chill. Yield: approx. 1 cup.

MUSTARD (not shown)

2 Tbsp. milk
2 tsp. dry mustard
½ tsp. ginger
½ tsp. chicken stock base
½ tsp. salt
⅛ tsp. powdered horseradish *OR* 1 tsp. prepared horseradish
1 cup dairy sour cream

In a small bowl combine milk, mustard, ginger, stock base, salt and horseradish. Fold in sour cream. Chill. Yield: approx. 1 cup.

These refreshing summer salads are delicious, take just minutes to prepare, and with dairy foods they're almost meals in themselves. Serve with fresh-from-the-oven buttered Italian bread and a nice cold glass of milk.

american dairy association

Advertisement

Son of SPAM



Like its famous father, all-meat SPAM Spread is a great mixer. Spreads smooth as butter, blends happily with pickles, cheese, eggs, almost anything. Kids love it for snacks or sandwiches; you'll use it, too, in chip dips and canapes. You'll like the good Hormel Ham in SPAM Spread.

Hormel

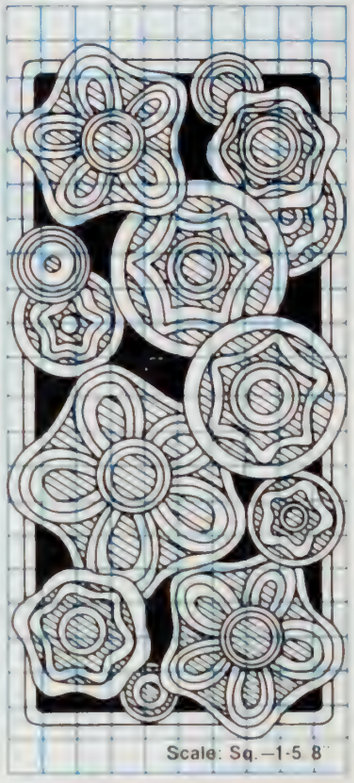


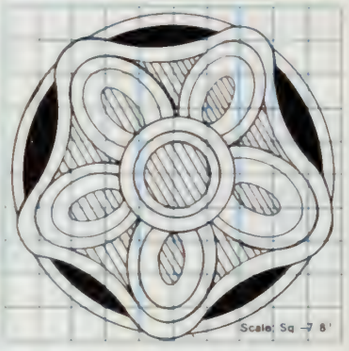
SPAM is a registered trademark for a pure pork product packed only by Hormel.

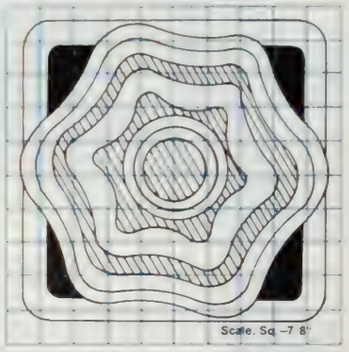
FAMILY FOOD IDEAS

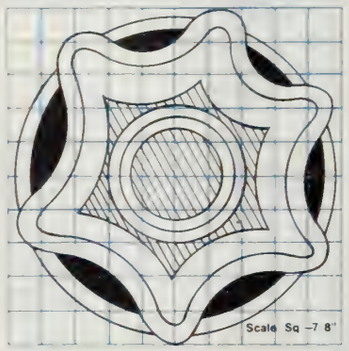
$100 IDEAS HOW-TO

Continued from page 95









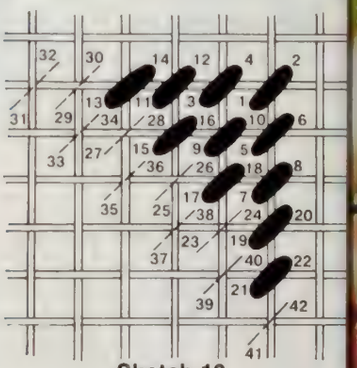
4. Squeeze a line of glue around one motif at a time and press yarn into it, using toothpick to adjust strands. Outline motifs and border, then work toward centers. Glue pompons to centers. Slash bottom of hanging at fold, pull horizontal threads up to casing to make fringe, then tie into two-inch tassels.

5. Cover pillow forms with lining fabric in a color that blends with your design. Make designs for pillows like hanging, allowing for ½-inch seams. Stitch pillow fronts to rest of cover and insert lined forms.

Needlepoint mini pillows

See page 81

1. Cut No. 12 mono canvas to 9x12 inches and remove selvage. Bind edges with masking tape to prevent raveling. Use No. 18 needlepoint needle and thread it with short (18-24 inches) lengths of needlepoint yarn. Each pillow requires about 12 cards of yarn.



Sketch 10

2. Study sketch 10 carefully before you begin, then practice on scrap canvas if you're a novice. Start at top right of canvas, holding it diagonally with stitch 1-2 at top.

3. Holding canvas firmly, push threaded needle through from back, leaving one-inch end in back. Hold end by pressing it against canvas with left forefinger. After a few stitches, it will stay in place.

4. If you follow the sketch, you will be stitching down diagonally from left to right, then back up to the left for the next row and back to right. Starting with stitch 21-22, then 23-24, and 25-26, notice how you are stitching between the jogs formed by stitches 17-18, 15-16, and 13-14.

5. Do not tie knots at row ends. To change yarn colors or continue a color, finish off by weaving yarn end into back of canvas, and start as before.

6. Stitch finished design to the same size velveteen, corduroy, or hopsacking backing, right sides together. Leave fourth side open to turn. Trim seams and turn right side out. Stuff and slipstitch opening. ■

July is National Barbecue Month!



MAKE BARBECUES SWING...WITH KITCHEN BOUQUET

Anything you grill can be better just by brushing with Kitchen Bouquet. It really can make all the difference!

Before grilling steaks, brush them with Kitchen Bouquet. This magic blend with herbs and spices seals in juices and flavor. Makes outside crisp, inside tender.

Something fancy? On long skewers, alternate meat cubes, cherry tomatoes, small onions, B in B Whole Mushroom Crowns and sliced green peppers. Brush meat all over with Kitchen Bouquet. Broil until tender. Fabulous!

Make hamburgers more exciting! Mold raw ground beef into cuplike shapes. Fill with B in B Sliced Mushrooms and top with more ground beef, pinching edges to seal tightly. Brush all over with Kitchen Bouquet. Grill ...what a difference! Even plain hamburgers are special when brushed with Kitchen Bouquet!

Let Kitchen Bouquet help you make July an unforgettable National Barbecue Month.

FAMILY FOOD IDEAS



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©1972 by Ore-Ida Foods, Inc.

Up here in Boise, Idaho, we fry potatoes five ways from Sunday.





French fries, most folks call them. Heaven knows why. At Ore-Ida we fix and freeze fries in ways that would have a French chef thumbing through his cookbook.

You could serve your family a different Ore-Ida fry every workday in the week.

Like on Mondays, they'd love our Country Style Dinner Fries™ dished up with a juicy steak. These cuts are so thick they taste like an Idaho baker.

Tuesdays, think small. Try our Pixie Crinkles®. Golden. Crunchy. Crinkle cut and double-cooked for extra crispness. They go good with almost anything.

Wednesday? Everybody loves Shoestrings. Serve them with a king-size hamburger. With Ore-Ida Shoestrings, the crispness goes all the way through.

On Thursday, think big. How about barbecued spare ribs with your favorite sauce and a heaping helping of Golden Crinkles®?

Friday's fish day. What could be tastier than a basket of deep fried shrimp resting on a crisp, crunchy blanket of Ore-Ida's Golden Fries®? Each bite is pure gold.

As for the weekend, good luck. By this time the Ore-Ida section of your store's freezer is apt to be empty. Which can leave you feeling the same way.



Good eatin' from Boise.

Meal-size sala

Begins on page 82

BEEF AND CAESAR SALAD

Garlic croutons you make y self add a special touch—

8 ounces (2 cups) cooked roa beef, cut in thin strips
4 cups romaine, torn
2 cups spinach, torn
2 cups bibb lettuce, torn
1 cup cherry tomatoes, halved
1 cup Garlic Croutons

• • •

1 egg
⅔ cup salad oil
1 3-ounce package cream cheese, softened
¼ cup dairy sour cream
2 tablespoons blue cheese, crumbled
1 tablespoon lemon juice
2 teaspoons anchovy paste
¼ teaspoon garlic salt

Season beef strips with a salt. In large salad bowl, c bine greens, tomatoes, crout and beef. Spoon on des amount of Caesar Dressing; till well coated. Top with r crumbled blue cheese, if sired. Makes 6 servings.

To make Caesar Dressing a small mixer bowl, beat slightly. Gradually add oil, b ing at medium speed on ele mixer. Add remaining in dients; beat smooth. Chill 1 before serving. Makes 1½ c

GARLIC CROUTONS

Refrigerate in a tightly cov jar till needed—

5 slices bread
3 tablespoons butter or margarine
½ teaspoon garlic salt

Cut bread into ½-inch cu In oven-proof skillet or ba pan, melt butter or marga add garlic salt. Add bread cu

Photographs: Scott



toss to coat. Place in 300° for 25 to 30 minutes or till c tons are quite dry and c Makes 3 cups croutons.

SHRIMP TOMATO VINAIGRE

Buy 24 ounces fresh or froze shrimp in shells to make 2 c cooked shrimp—

4 tomatoes
2 cups cleaned cooked shrim
1 6-ounce package frozen pe pods, thawed and drained
2 tablespoons sliced green onion with tops

Conti

Tonight your husband's working late.
He wouldn't if you had your way.
But one thing always makes you forget the waiting.
The smile on his face when he walks through the door.

It's a good day for Stouffer's.



Salisbury Steak. One of 35 Stouffer's Frozen Prepared Foods.

Stouffer's

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FAMILY FOOD IDEAS



"MANWICH-the secret ingredient in my best homemade Sloppy Joe."



Manwich-
Homemade taste without
homemade time.

FAMILY FOOD IDEAS

Meal-size salads

Continued

½ cup salad oil
¼ cup dry white wine
¼ cup wine vinegar
1 envelope Italian salad dressing mix
1 to 2 tablespoons capers, well drained
Dash freshly ground pepper



With tomato's stem end down, cut into wedges, cutting to but not through base of tomato. Spread wedges apart slightly; chill. In bowl, combine shrimp, pea pods, and onion. Combine remaining ingredients; pour over shrimp mixture and chill several hours. To serve, drain mixture, reserving marinade. Spoon the shrimp mixture into tomato shells on serving plates. Pass remaining marinade, if desired. Makes 4 servings.

TURKEY IN ASPIC

Each salad is 169 calories if you use one slice turkey; 235 calories if you use two slices—

6 or 12 slices cooked turkey white meat, cut ¼-inch thick (about 2 ounces each)
4 hard-cooked eggs, sliced
1 pound fresh asparagus spears, cooked and drained
6 pimiento strips
2 envelopes unflavored gelatin
2 13¾-ounce cans chicken broth
½ cup water
1 tablespoon snipped parsley
1 tablespoon chopped onion
1 tablespoon lemon juice
1 teaspoon prepared horseradish

Trim turkey slices to uniform shapes; arrange in 13x9x2-inch baking pan. Top each with 4 egg slices, 3 or 4 asparagus spears, and a pimiento strip. In saucepan, soften gelatin in chicken broth and water. Stir in remaining ingredients. Bring to boiling, stirring constantly. Remove from heat and strain through cheesecloth. Chill till *slightly* thickened. Spoon a little broth mixture over each salad in pan.



Chill till almost set; keep remaining broth mixture at room temperature and stir occasionally. Repeat spooning room-temperature broth mixture over turkey slices and chilling till a thin glaze of gelatin forms. Pour remaining broth mixture around salads in pan. Chill till set. To serve, trim around each turkey slice and transfer to serving plates. Break up remaining gelatin in pan with a fork and arrange around salads on serving plates. Makes 6 servings.

SLIM HAM SLAW

A one-cup serving of this super slaw is 166 calories—

1 large head cabbage
8 ounces (2 cups) cubed cooked ham
1 apple, cored and chopped (1 cup)
¼ cup chopped green pepper
¼ cup radish slices
2 tablespoons all-purpose flour
2 tablespoons sugar
1 teaspoon salt
1 teaspoon dry mustard
½ teaspoon celery seed
1 cup skim milk
2 slightly beaten egg yolks
3 tablespoons vinegar
2 tablespoons lemon juice

Spread apart outer leaves of cabbage. Carefully cut out center



of cabbage leaving ½-inch-thick shell to form "bowl." Shred removed cabbage to make 4 cups. Combine with ham, apple, green pepper, and radishes. In small saucepan, combine flour, sugar, salt, dry mustard, and celery seed; gradually blend in milk. Cook and stir over medium heat till thickened and bubbly. Stir a moderate amount of hot mixture

Continued

3 luscious salad suppers hat start with Real Mayonnaise.

And that's the other name for Best Foods.®

akes fresh, delicate Real Mayonnaise to make main dish salads so deli- usly refreshing. Mix it or mold it. If it's smooth and creamy enough blend perfectly in recipes like these, it's Real Mayonnaise. And t means whole-egg Best Foods.



CORNED BEEF 'N CABBAGE MOUSSE

Creamy Best Foods makes this man-pleaser velvety smooth

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1/4 cup finely chopped onion
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 1 cup BEST FOODS Real Mayonnaise
- 1 1/2 cups finely shredded cabbage
- 1 (12-ounce) can corned beef, separated into chunks
- 1 cup chopped celery
- 1/2 cup pickle relish

Soften gelatin in water in small saucepan. Dissolve over low heat, stirring constantly. Remove from heat and stir in onion, lemon juice and salt; gradually stir into Real Mayonnaise. Blend in remaining ingredients. Turn into 1-quart mold and chill 2 hours or until firm. Unmold and serve. Serves 8.



CHICKEN CHUTNEY SALAD

Delicate Best Foods won't overpower even the subtlest flavors

- 2 cups diced cooked chicken
- 1 (15 1/4 [illegible] pineapple tidbits, drained (1 cup)
- 1 cup [illegible] celery
- 1/2 cup sliced green onion
- 1/4 cup salted peanuts
- 2/3 cup BEST FOODS Real Mayonnaise
- 2 tablespoons chopped chutney
- 1/2 teaspoon grated lime rind
- 2 tablespoons lime juice
- 1/2 teaspoon curry powder
- 1/4 teaspoon salt

Toss together first 5 ingredients. Combine remaining ingredients; stir into chicken mixture. Chill. Serve on greens. Serves 4.



HOT DOG POTATO SALAD

Whole-egg Best Foods makes potato salad extra moist and creamy

- 2 quarts (about 4 pounds) diced cooked potatoes
- 1 pound cooked frankfurters, sliced
- 1/2 cup chopped celery
- 1/2 cup coarsely shredded carrot
- 1/2 cup finely chopped green pepper
- 1/4 cup finely chopped onion
- 2 tablespoons chopped pimiento
- 1 cup BEST FOODS Real Mayonnaise
- 1/4 cup vinegar
- 2 tablespoons prepared mustard
- 1 tablespoon salt
- 1/2 teaspoon paprika

Mix all ingredients. Chill. Serves 8.

FAMILY FOOD IDEAS

BRING OUT THE BEST FOODS AND BRING OUT THE BEST

Best Foods, A Division of CPC International Inc. cpc



The Ravioli Smile.



Some kids even laugh out loud. They think it's fun food, treat food, celebration food. But it's more. Chef Boy-ar-dee® Ravioli is a nutritious food too. And most kids don't stop at one serving.

What is a ravioli? It's a square of macaroni, a big helping of beef in the middle, another macaroni square on top. Then it's cooked in thick tomato and cheese sauce. There's Chicken or Cheese Ravioli, too. And only about 20¢ a serving.

The Ravioli Smile. You don't get it with soups or sandwiches.



Chef Boy-ar-dee® Ravioli

FAMILY FOOD IDEAS

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Meal-size sal

Continued

into egg yolks; return saucepan. Cook and stir ov heat 1 minute more. Stir i gar and lemon juice; coo with cabbage mixture; into cabbage shell to Makes 6 servings.

CHILI CON SALAD

For extra pep, you can ad powder to the warmed chi

1 small head lettuce, cut in chunks
3 cups corn chips
1 large tomato, chopped
4 ounces pepperoni, sliced thinly
¼ cup sliced ripe olives
½ cup (2 ounces) shredde natural cheddar cheese
1 15-ounce can chili con c with beans

Arrange all ingredients chili in salad bowl; ch saucepan, heat chili; pou



salad, tossing lightly to Makes 6 servings.

SALMON POTATO SALAD

Cook potatoes in jackets score around center first fo easy peeling—



1 16-ounce can salmon, dra and broken in chunks
2 cups cubed cooked potat (2 medium)
½ cup sliced celery
½ cup shredded carrot
¼ cup chopped green onio with tops
1 hard-cooked egg, choppe
1 cup cream-style cottage c
½ cup mayonnaise or salad dressing
2 tablespoons milk
1 tablespoon vinegar
1 teaspoon dried dillweed
¼ teaspoon salt
Dash pepper

In large bowl, combine s potato, celery, carrot, onio egg. Blend together rem ingredients; add to salmo ture, tossing lightly to coat thoroughly. Serve on gree per rings; garnish with curls. Makes 6 servings.

What can you do when the troops troop in?



Chicken of the Sea, America's favorite tuna. From Ralston Purina Company.

FAMILY FOOD IDEAS



Lemon Breeze

A breeze to make: No baking. Creamy, crunchy and cool. Here's the easy way:

¼ cup sugar
⅓ cup regular margarine or butter
½ teaspoon cinnamon (optional)
1 cup Kellogg's® Corn Flake Crumbs

* * * * * *

½ cup bottled lemon juice
1½ tsp. unflavored gelatin
2 eggs, separated
3 tablespoons sugar
1 can Borden Eagle® Brand Sweetened Condensed Milk (not evaporated milk)

1. Measure the ¼ cup sugar, margarine and cinnamon into small saucepan. Cook over medium heat until mixture begins to bubble, stirring constantly. Remove from heat. Add Corn Flake Crumbs; mix well. Reserve 2 tablespoons for topping. With back of tablespoon press Crumbs mixture evenly and firmly in bottom and around sides of 9-inch pie pan to form crust. Chill.

2. In small saucepan, combine lemon juice and gelatin. Place over low heat and stir until gelatin is dissolved; cool.

3. In mixing bowl, beat egg whites until foamy; gradually add the 3 tablespoons sugar. Beat until stiff and glossy. Set aside.

4. Beat egg yolks in mixing bowl until thick and lemon colored. Stir in Sweetened Condensed Milk and gelatin mixture. Gently fold in egg white mixture. Spread evenly in Corn Flake Crumbs crust. Sprinkle top with reserved Crumbs. Refrigerate 2 hours or until firm. Cut into wedges. Yield: 8 servings.



Custom-made clambakes

Everyone gets into the act when you stage a do-it-yourself clambake. Each guest chooses his own seafood dinner, arranges it around rockweed for that special flavor, and grills it in cheesecloth and foil pouches over hot coals. Have the basic ingredients ready for the choosing: live lobsters, hard-shelled clams, chicken, and corn on the cob. You can purchase rockweed (coarse seaweed) where you buy the lobsters and clams. Be sure to have a chilled keg of beer to tap or a tub brimming with crushed ice and soft drinks while the clambakes are cooking.



CUSTOM-MADE CLAMBAKES

48 hard-shelled clams
8 live lobsters
4 broiler-fryers (2- to 2½-pounds each), halved
½ cup butter or margarine, melted
8 ears corn in husks
Rockweed
Butter or margarine, melted

Thoroughly wash clams in shells. Cover with salt water (⅓ cup salt to 1 gallon water); let stand 15 minutes. Rinse; repeat twice. Rinse off lobsters with salt water. Break joints of chicken drumsticks, hips, and wings so birds will stay flat. Brush chickens with the ½ cup melted butter or margarine; broil over hot coals, skin side down, for about 5 minutes. Carefully turn back husks of corn and strip off silk with a stiff brush. Lay husks back in position.

Tear off sixteen 3-foot lengths of 18-inch wide heavy foil. Place 1 sheet crosswise over another sheet. Lay a handful of rockweed in center. Cut eight 18-inch squares of cheesecloth; place 1 square atop rockweed. Repeat, making enough for 8 individual packages.

For each package, arrange the following ingredients on cheesecloth: 6 live clams in shells, 1 live lobster, 1 precooked chicken half, and 1 ear of corn. Securely tie cheesecloth, opposite ends together. Seal the foil, opposite ends together, using the drugstore wrap. Place on grill, seam side up, over hot coals and cook for 45 minutes. When the chicken is done, the clambake is ready. Serve with individual cups of hot melted butter for dunking. Makes 8 servings.

Hunt's. Made from the meat of the tomato.



We start with the best part of the tomato, the ripe, firm, juicy meat. Most of the skin and seeds have been removed. The meat of the tomato makes a deliciously rich sauce, a great-tasting ketchup and a tomato paste that makes a spaghetti sauce even thicker than imported Italian brands. Try these fine Hunt's products and you'll discover why more women cook with them than any other tomato brand.

FAMILY FOOD IDEAS

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What makes Wonder Bread so fresh?



Ever wonder why Wonder Bread is always fresh? Because every loaf is wrapped warm from the oven in our Sta-Fresh bag. Then rushed into a bakery truck while it's still warm. So you can be sure Wonder's always fresh in the store. Wonder Enriched Bread—not just fresh and delicious...it's also good and nutritious.

FAMILY FOOD IDEAS

Wonder helps build strong bodies 12 ways.

Old-fashioned ice cream

In this era of nostalgia, one of the happiest memories of all has to be of homemade ice cream. Nothing can be more fun than the contest to see who gets the first sample from the dasher. Try these three refreshing recipes. You'll have a hard time deciding on a favorite.

Photographs: Dieter



COFFEE NUT ICE CREAM

Sprinkle with additional toasted almonds, if desired—

2 tablespoons instant coffee powder
4 cups milk
4 eggs
1 cup sugar
2 3½-ounce packages vanilla whipped dessert mix
1 2- or 2⅛-ounce package dessert topping mix
1 teaspoon vanilla
¾ cup slivered almonds, toasted

Dissolve coffee powder in 1 cup of the milk; set aside. In large mixer bowl, beat eggs till thick and lemon-colored; gradually beat in sugar. Add coffee mixture, the remaining milk, the dry dessert mix and topping mix, and the vanilla; beat till smooth. Add nuts. Pour into 1-gallon ice cream freezer container. Freeze according to freezer manufacturer's directions. Makes about 3 quarts.

PEACH-CHERRY ICE CREAM

½ cup sugar
4 cups light cream
½ envelope (1½ teaspoons) unflavored gelatin
2 tablespoons water
1 slightly beaten egg
2 pounds fully ripe peaches, peeled and mashed (3 cups mashed)
¾ cup sugar
1 cup dark sweet cherries, pitted and chopped
2 teaspoons vanilla
¼ teaspoon ground mace
Dash salt



In saucepan, combine the ½ cup sugar and 2 cups of the cream. Soften gelatin in water; add to sugar mixture. Stir over low heat till gelatin dissolves. Slowly stir a small amount of hot mixture into egg; return all to saucepan. Cook and stir till mixture thickens slightly, about 1 minute; chill. Combine peaches and the remaining sugar; add with cherries, vanilla, mace, salt, and remaining cream to the chilled mixture. Pour into 1-gallon ice cream freezer container. Freeze according to freezer manufacturer's directions. Makes about 2½ quarts of ice cream.



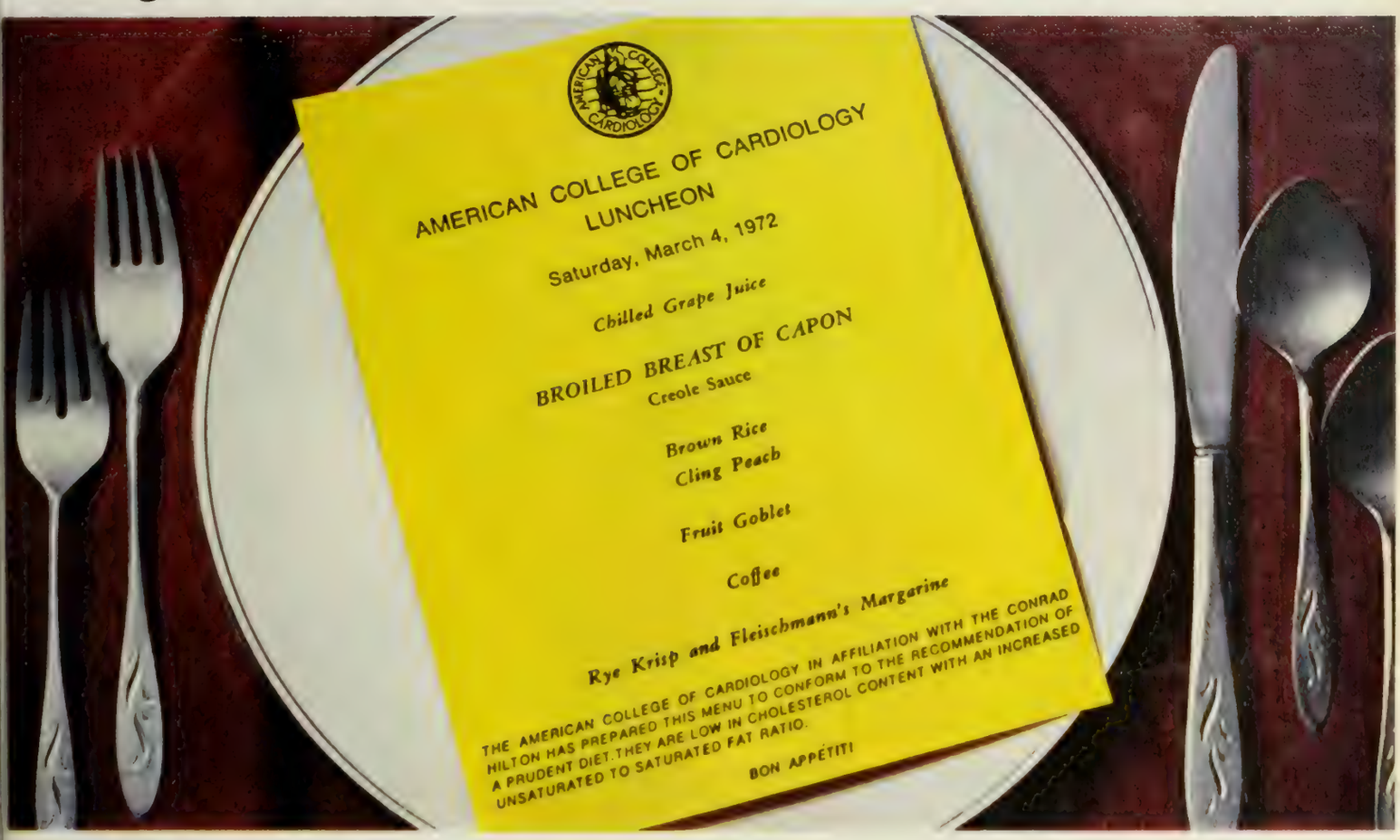
PINEAPPLE-COCONUT ICE CREAM

A smooth tropical treat—

¾ cup sugar
2 tablespoons all-purpose flour
¼ teaspoon salt
2 cups milk
2 beaten eggs
3 cups finely chopped fresh pineapple
½ cup sugar
2 cups whipping cream
½ cup cookie coconut
1½ teaspoons vanilla

In saucepan, combine the ¾ cup sugar, the flour, and salt; gradually stir in milk. Cook and stir over low heat till mixture thickens and bubbles. Stir a small amount of the hot mixture into eggs; return all to saucepan. Cook and stir 1 minute more. Chill thoroughly. Combine pineapple and the remaining sugar; add with whipping cream, coconut, and vanilla to the chilled mixture. Pour into 1-gallon ice cream freezer container. Freeze according to freezer manufacturer's directions. Makes 1 quart.

When 3,500 cardiologists met recently in Chicago, they ate just what the doctor ordered.



At their 21st annual meeting, The American College of Cardiology requested that The Conrad Hilton Hotel prepare meals low in saturated fat and cholesterol. And at the request of The College the spread served was Fleischmann's Margarine.

The American College of Cardiology: heart specialists who practice what they preach . . . that eating meals low in cholesterol and low in saturated fat is better for us. All of us.

That's why The College requested low saturated fat meals and Fleischmann's® Margarine.

Fleischmann's Margarine is so delicious. It's sensible, too, because Fleischmann's is high in liquid corn oil so it's low in saturated fat.

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FAMILY FOOD IDEAS



Little camera. Big pictures.

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Canada's glorious Pacific shore

By John F. Baker



Paint a mental picture of the prettiest city you can think of, then add to it an attribute that could make its appeal even greater. Give San Francisco, for instance, a majestic alpine backdrop. Or reposition Denver by the edge of the sea. The image you'll end up with, more likely than not, will strongly resemble Vancouver, British Columbia, as it actually exists.

Vancouver stands where the mountains meet the rugged shores of the Pacific, at the hub of an immense sprawl of dramatic terrain with a stirring range of pleasures: matchless mountain scenery (quite a bit of it pure wilderness); mile after mile of spectacular coastline; enticing nearby islands you can cruise or explore; outdoor recreation in almost limitless variety, up to and including, for venturesome types, hunting goats with bow and arrow.

It's a long way from almost anywhere else, so many prospective visitors plan their journey here by air. But the ground-level approach to Vancouver is so spectacular that you should travel at least the last leg of the trip by land or sea. You might fly to Seattle, for instance, then drive up from there; it's only a couple hours on a fast superhighway, with Mount Baker jutting splendidly off to your right and British Columbia's Coast Range rising steeply straight ahead. Or you could take the summer ferry, also from Seattle, and meander your way northward among the scattered San Juan Islands in the refreshing blue waters of Puget Sound.



But perhaps the best plan of all is to come upon the coast after a westward drive through the Rockies, one of the most eye-filling journeys on earth. A flight to Calgary, Alberta, puts you within sight of the mighty mountains, and from there you can rent a car to explore the picture-postcard world of Banff and Lake Louise before embarking on your dizzy crossing of the Great Divide; then it's a two-day drive among dazzling peaks and high passes before you level out for your first look at Vancouver and the sea.

Once you've reached the city, you can orient yourself to Vancouver's layout by visiting one of the two viewpoints from which you'll see it spread at your feet as clearly as a model town in a museum case. The first is the Grouse Mountain Skyride, which lifts you in a gondola nearly 4,000 feet to a panorama few cities on earth can match. To get there, you drive across the noble Lions Gate Bridge to North Vancouver, then follow the Skyride signs. It's a rather expensive ride ($2.75 for adults, $1.50 for youngsters 6-18), but eminently worth it. The Skyride operates from 9 a.m. to 1 a.m. and if you arrive around sunset you can linger to eat dinner in the summit restaurant while you watch the jeweled lights come on over hundreds of square miles of shore and islands.

The other great view is from Queen Elizabeth Park, right in

Continued



Photographer: Joe Munroe

the heart of the city, and it's free. The park is perched on a hilltop, and from among its glowing flower beds (British Columbians are great gardeners) the city is beautifully outlined against the snowy peaks of the high wilderness. While you're in the park, you'll also want to see the Bloedel Conservatory, a huge, transparent geodesic dome with controlled temperature in which brightly colored birds flit among exotic tropical trees and plants (admission 50 cents).

For another elevating experience in Vancouver, take a walk across the Capilano Suspension Bridge, one of that sickeningly swaying kind made out of rope that always gets cut in the movies when the hero is in the middle of it. Actually the ropes in this case are thick wire hawsers, and no one is about to cut them while you're on the bridge, but it *does* sway, and the rocky canyon floor looks a long 200 feet down as you inch desperately across. The tab for being scared half out of your wits is $1.50 for adults, 35 cents for children.

Perhaps the most remarkable place in Vancouver is Stanley Park, a thousand-acre mixture of wilderness, beaches, scenic drives, rose gardens, animals and fishes, totem poles, and forest so thick you can get lost in it within sound of downtown traffic. You can easily spend a delightful day here, particularly if you happen to run into one of the photogenic folk festivals that Vancouver's polyglot population takes pleasure in—a Japanese Obon Festival, for instance, or a Filipino dance program, or a Scottish gathering of the clans complete with Highland flings. These events are likely to be held in the Brockton Oval, a sports field used at other times for cricket. But folk festivals or no, you'll always find enjoyable goings-on in Stanley Park. The aquarium is excellent, with high-leaping killer whales as friendly as dolphins (adults $2; children 25 cents). And the miniature train ride, through forest groves where live animals graze beside plaster models, is inevitable if you have children in tow (adults 35 cents; children 12 and under, 15 cents).

For the visitor, Vancouver is essentially a summer city. In winter this is a damp corner of the world, but the summer is sparkling and balmy—and very seldom uncomfortably hot. Every July the city celebrates its Pacific heritage with a bustling Sea Festival (this year it will run from July 20th to 23rd). The festivities include regattas, naval displays, water ski shows, Indian days, and salmon barbecues, climaxing with a zany Bathtub Race across the strait from Nanaimo on Vancouver Island—an event in which victory often goes to whoever stays afloat the longest rather than to the swift but quickly swamped.

What about hotel accommodations and food? Until recently the choice in both categories was slim. Only in the last few years has Vancouver begun to think of itself as a tourist city. But now there's a flurry of new building going on, with hotels sprouting like totem poles. Since the pride of the city is the glorious setting, it seems a shame that most of these new structures, built in the heart of the downtown area, are not ideally located to take advantage of it. The best hotel from which to enjoy the view, despite all the newcomers, is still the Bayshore Inn, on the waterfront near Stanley Park; the rooms in the high-rise extension have the most sweeping views, but even the lower ones mostly face the right way (rates: single, $20-$34; double, $25-$40). Downtown, the best bets are the Vancouver, lavishly renovated from an Edwardian railroad hotel by Hilton (single, $23-$27; double, $29-$33), the Denman Place Inn and the Blue Horizon, both contemporary high-rise motor inns whose upper floors have a fine outlook, and the Devonshire, a pleasantly old-fashioned, moderately priced hotel opposite the Vancouver.

Considering it is a city without a tradition in such things, Vancouver's eating places have come a long way in a short time.



Vancouver and its delightful Stanley Park—thick forests, beaches, rose gardens, cricket

Salmon, of uniformly wonderful quality, is a staple here, and seafood is the most consistently reliable fare. The Ship of the Seven Seas, a converted ferryboat moored off the North Vancouver waterfront with a magnificent spread of the harbor outside its oversized windows, offers another magnificent spread within: a gargantuan seafood buffet. The Sir Walter Raleigh, on Granville Street, has a very imaginative continental menu and exceptional service. The Three Greenhorns, in the Denman Place Inn, and the Timber Club, in the Hotel Vancouver, both have striking decor with local motifs, along with above-average





To each his own enjoyment in the British Columbia wilderness. Hunters with bows and arrows chase goats across the mountains while less venturesome souls relax at alpine hideaways.

food and first-rate service.

This isn't much of a town for lively night life, but you'll find a couple minstrel and balladeer shows among some pleasantly corny banjo-and-sawdust pubs in Gastown, an ancient and downtrodden area near the docks that has recently been smartened up into Vancouver's approximation of such American developments as Chicago's Old Town and San Francisco's Fisherman's Wharf. And there's also a rather staid Chinatown, billed as the second largest in North America, but quite a long way behind San Francisco's in atmosphere and color. Nevertheless, it provides visitors with an exotic change of pace in a city otherwise so strikingly modern and sleek.

A sense of brooding solitude when the few roads peter out

But Vancouver isn't a city that tries to keep you confined: rather, it serves as the base for exploring the beautiful British Columbia coast. This is the gateway to thousands of miles of wilderness water, forests, and mountains. It's possible even in the course of a day trip from the city to get a sense of the brooding solitude that begins as soon as the suburban roads run out. The one-day cruise up Indian Arm to Granite Falls and Wigwam Inn, for instance, covers no great distance; but in a few hours it takes you far from the harbor bustle into a world of steep forests plunging into still, winding waters, and looming peaks. And this is just one of the myriad remarkable journeys you can make among the fjords and islands of this rugged coast.

For anyone who lives in Vancouver, a ferry ride—to visit a neighboring town, to weekend at a beach cottage, or even to commute to and from a city office—is an inevitable part of life. For most of the year, a Vancouverite has his ferries pretty much to himself. In the summer, however, large numbers of tourists join him, and then comes the inevitable traffic jam. When you visit the coast you should by all means take a ferry ride—farther up the so-called Sunshine Coast north of Vancouver, among the Gulf Islands, or across to Vancouver Island and Victoria.

But don't expect simply to drive straight onto the ferry of your choice and be instantly whisked away. Most of the more popular crossings are made every hour, but with summer traffic—particularly on weekends—you'll often have to wait several hours to drive on board. Of course, if you're willing to leave your car behind and just walk aboard for the sake of the ride, the ferry could be your oyster.

And, in truth, the automobile is not yet firmly in command here. In fact, highways have only a tenuous hold on the shoreline of this great wilderness, even the smattering that exist struggle for only a few miles beyond the ferry heads. The only highway north from Vancouver provides a magnificent drive to Squamish along Howe Sound, but thereafter is best avoided by nervous drivers. No, the way to the heart of this breathtaking country lies by float plane, canoe, or hiking trail. There are hunting lodges up in the mountains that have never been visited by any vehicle other than a plane or helicopter. One of the unconventional sports here is to be helicoptered into remote high country for a few days of hunting mountain goats with bow and arrow. If you try it, you should be an experienced camper and woodsman, because if the weather closes in and scrubs your pickup by the helicopter, you have to be prepared to hike out to the nearest highway.

For less adventurous visitors, probably the best way to enjoy the scenic splendors of the coast is by cruise ship. Canadian Pacific and Canadian National both offer eight-day cruises from Vancouver twice a week throughout the summer. They follow the famous Inside Passage, which keeps you within sight of land (and what land) the whole way, with calls at Prince Rupert, the northernmost port in British Columbia, then at Ketchikan, Wrangell, Juneau, and Skagway, all in Alaska. Skagway was the port for the great Yukon Gold Rush of 1898, and the narrow-gage railroad that took the hopeful prospectors up to Bennett Lake and Whitehorse is still running for the benefit of tourists; the cruises invariably allow time for you to take this spectacular train ride.

By either carrier, the trip up the Inside Passage costs about $300 for a single berth, about twice as much for a double stateroom, with discounts available for early and late-season bookings (May and September). These cruise ships do not carry cars, incidentally, simply because there's no need for them.

The ultimate in British Columbia travel experience is to take the coastal ferry run up to Prince Rupert, then return on the Cariboo Highway through some of the wildest mountain country on the continent (including the magnificent Fraser Canyon) and ultimately back to Vancouver. Such a circle tour is conducted by British Columbia Ferries, and takes ten days; you can use your own car, a rental car, or coach and train.

Vancouver Island—often confused with the city of the same name, which is *not* on the island—is a world unto itself. It's an astonishingly little-known place and unexpectedly large—nearly 300 miles long and 60 miles wide—with only the east coast, the side facing the mainland, developed to any extent. This is where you arrive by ferry from the mainland: at Nanaimo if you want to explore the island, or at Swartz Bay (the port serving Sidney) if you're heading for Victoria, down at the southern tip.

From Campbell River south to Parksville is one long chain of beaches, resorts, and summer homes. But as soon as you turn

Continued





Butchart Gardens and the Parliament Buildings, in Victoria, a city of silent ladies in wicker chairs sipping tea and of homesick old Englishmen dreaming fondly of the past.

Green thumbs, London buses, a nostalgic dream of home

inland you're in undisturbed wilderness—so undisturbed, in fact, that there's a distinct shortage of paved roads. Strathcona Provincial Park, west of Courtenay, will give you a good idea of the quality of the island interior, though: 7,000-foot mountains; high lakes full of trout; pinewoods that seem endless.

If you make the bumpy ride across to the western coast, at Long Beach, you'll be on one of the great unspoiled shorelines of the world. Forested slopes march down to sandy beaches where the full might of the wide Pacific rolls. Only a handful of people live here, and it has recently been made into a National Marine Park to keep it free of commercial clutter.

Nobody goes to Vancouver Island—nor should you—without making the pilgrimage to the quaint capital city of Victoria, however untypical of the island it may be. Victoria is rather like a distorted dream of home concocted by homesick Englishmen who spent their lives supervising the Empire. Whereas Vancouver is determinedly American in style and appearance, Victoria stands staunchly convinced—as was its royal namesake—that 19th-century British is best.

The Empress Hotel, for instance, squatting firmly at the center of town, is the essence of nostalgic Englishry: a massive Edwardian pile that boasts a Rose Garden, a Conservatory complete with potted plants and elderly ladies in wicker chairs, a Library Bar, a huge room where afternoon tea is decorously served, and an intimidatingly grand restaurant called the Bengal Room, where it would seem that medals and orders must be compulsory with one's evening dress.

The Parliament Buildings nearby are of choice Gothic-Moorish design, of a kind dear to many an English provincial city, and they sit behind a statue of Queen Victoria on splendidly manicured lawns. Red double-decker London buses and horse-drawn tallyho wagons run about the streets in summer, and two of the choice shopping enclaves are called Bastion Square and Trounce Alley; with their bright nautical paintwork and polished cannon, they clearly belong in Portsmouth or Bristol. Retreating even farther in time is the Olde England Inn, which aspires to look like an Elizabethan manor house and has replicas of Anne Hathaway's Cottage and Chaucer Alley in the garden.

Some of Victoria can be taken quite seriously, however. The people of British Columbia are astonishingly green of thumb, and nowhere is this trait more strikingly apparent than in Butchart Gardens, about 15 miles northwest of the city. With acres of dazzling flowers, superb landscaping, and leaping fountains, it is certainly among the finest gardens on the continent. If possible, you should plan to visit Butchart Gardens twice, once by day and once by night; on summer evenings, the grounds are enchantingly floodlit. From October to May (when some late roses and daffodils, crocuses, snowdrops, heathers, and tulips are on view), there is no charge for admission. Tickets during the summer cost $2 for adults; $1.25 for youngsters 13-17; 75 cents for children 5-12.

Other things to do here? Well, if you're devoted to English-style shopping—for Wedgwood, woolens, cashmere, and the like—you'll find Victoria's stores very much to your taste. And there is no better place in North America for tracing your family tree, searching out that long-lost Scottish clan tartan, or even buying the Old School Tie you always longed to wear. A Victoria tour also should certainly include a look at the showy contemporary Provincial Museum, probably the only convincing piece of 20th-century architecture in town; it's located just beside the Parliament Buildings.

As for lodging in Victoria, it's hard to imagine anyone not wanting to stay at the Empress Hotel (single, $24-$29; double, $32-$35), but since most visitors share this notion, you may be turned away—especially in the summer if you don't have reservations. In that case, and if it's comfort you want, you could try the Imperial Inn, which for some strange reason is imitation *Japanese* rather than British; it's quiet, elegant, and not far from the hub of things (single, $19-$26; double, $24-$31). The Olde England Inn is a good shot at an English country hotel, with suits of armor, fine period furniture, and typical Old Country cooking smells (double, $16-$30).

For dining, you might try the Empress's Bengal Room if you have sufficient aplomb to carry off such baronial splendor. Otherwise, the Princess Mary, another of these ubiquitous ship-restaurants attractively moored in a compact harbor, is a good bet. Salmon, again, is the thing.

Victoria is probably the best place to end your visit to the British Columbia shore. It's the most foreign of western Canadian cities, and therefore leaves a pleasant aftertaste of "abroad." Also, it's just a hop, skip, and jump away from home. The ferry ride on the *Princess Marguerite*, for instance, which leaves from Victoria harbor every afternoon in summer for Port Angeles, Washington (there's also ferry service from Victoria to Seattle), has the earmarks of a genuine international crossing—bustling customs officials, opened car trunks, checked documents—but after all the fuss, the voyage lasts only an hour and a quarter, and then you're back in America. ■

John F. Baker, an author and editor who grew up in England and has lived for the past 14 years in New York City, writes frequently about Canada's appealing combination of British reserve and American vitality.



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Tony Swan, Western Directory Editor



San Juan National Historical Park

For peaceful scenery, island adventure, painless history, and a look at a park-in-the-making, you could hardly do better than visit the San Juan National Historical Park. It's located in the San Juan Islands, a scattering of forest and farmland jewels between Washington State and Vancouver Island, B. C.

To get to the ferryboat that takes you there, drive north from Seattle on Interstate 5 and turn off to Anacortes on State 536. The ferryboats—state-operated, modern, and delightful in themselves—run four or five times a day through the summer season, less often during the rest of the year. You'll be on the water for two hours en route to Friday Harbor, on San Juan Island, threading between islands all the way and with stops at three of them. Be sure to keep your binoculars handy, because you're certain to see gulls and other waterbirds and will quite likely spot seals and killer whales as well. You may also glimpse some deer in the forest of one of the islands you pass. The round-trip fare between Anacortes and San Juan Island is $6.40 for car and driver, plus $2.70 for each additional person. If you prefer to fly over to the park, scheduled service is available from Seattle and Bellingham, Washington, and the island has two landing strips that accommodate private planes. If you're arriving from Canada, U.S. Customs port of entry service is available at Friday Harbor.

As soon as you arrive at Friday Harbor, stock up on gasoline, picnic supplies, and other sundries, because this village is *the* commercial hub of the island; there are virtually no stores elsewhere. Be sure to pick up a map of the island here, too. The official government map is available at Park Service headquarters on the main street, or you can use one of the maps included in promotional brochures given away at various shops. Not all roads on the island have adequate signs, so you might get lost. But since all of San Juan is only about 25 miles long, don't worry about it unduly.

Setting out for the park, you have a choice of directions, because the park has two units—one at the northern end of the island and one at the southern. The division has its origins in history. By the middle of the last century, Britain and the United States had settled their dispute over who rightfully owned the land that now constitutes the State of Washington; the 49th parallel became the international boundary. Both sides, however, still claimed San Juan Island, whose position was strategic because it offered control of the straits between Canada and the United States. The issue very nearly pitched England and America into war until a stopgap solution was reached whereby troops of both nations were quartered on the island—British at the north and American at the south.

Which of the camps you visit first doesn't much matter. If you'd like a beach picnic, the American Camp has plenty of beach replete with drift logs to sit on (but no other facilities). And if you'd enjoy a steep hike with a sunset view across blue water to the ice-clad Olympic Mountains, schedule Mount

oung, at English Camp, for ay's end.

Basically, here's what you'll nd at each unit:

merican Camp is on a windvept neck of land washed on ne side by Haro Strait and on e other by a quiet bay. Captain eorge E. Pickett, later of Civil 'ar fame, landed here with 66 en in 1859 to protect Ameri- n settlers from Indians and nglishmen. The earthen breastorks that he built—eventually ounting 14 cannon—still stand, ith a marble monument now ting the names and dates asciated with those long-ago pasons. In time, the National Park ervice plans a restoration proam. Meanwhile, grass and ild flowers and cottontail rabts by the score cover Pickett's edoubt and lend an air of unality to the pressures that push en to war.

After you've walked the eastworks, drive on to the tip the island, about 2½ miles vay, for an impressive view; n the way back, turn off onto e spur road that leads to the each just east of the breastorks. You might also search it the road to Eagle Point, just est of the park boundary, for a ear view of the whole Ameri- n Camp setting.

nglish Camp—a complete ontrast to American Camp—estles in a wooded cove. Three uildings remain: the blockouse right at the water's edge, e commissary, and the barcks. In renovating the barcks, Park Service officials ound $1,400 worth of old gold nd silver coins stashed in the eiling by an islander who had ved in the old* building after e British withdrew in Novemer, 1872.

Close beside the barracks ou'll see the largest known bigaf maple in the world—a raceful, sweeping, healthy monch tree 300 years old, 98 feet gh, and with a trunk 24 feet in rcumference. Across the main oad from the entrance to Enish Camp, look for a gated dirt oad leading up the hill. Park our car and walk up this road, eeping watch for a small cemery where seven British Royal Marines are buried (most of em victims of drowning, one an accidental shooting). The ay is up an open slope with ak and Douglas fir trees, plus ue sky above and blue salt ater on the horizon—a pastoral elight with the rugged Olympic Mountains as a background.

No facilities are available yet ithin the park itself, not even for camping, but there's a small, pleasant, waterside, county campground about midway between English Camp and American Camp, and there are motels, resort cabins, and a trailer park at Friday Harbor and Roche Harbor; both communities also have restaurants. Write the Chamber of Commerce, Box 98, Friday Harbor, Washington 98250 for a visitor's brochure, and then make advance reservations. The island is small, and overnight space tends to fill in summer, so be sure to plan ahead.

Instead of returning directly from Friday Harbor to Anacortes, you might consider taking the ferry on to Vancouver Island, landing at Sidney (about another two hours by water).

Summer in Hawaii's Garden

Although the arrival of winter is generally the signal for families to gather in front of the fireplace to dream over their maps of Hawaii, at least one of the islands—Kauai (kah-WAH-ee)—is a favorite target for summer travel as well. The rains subside, the temperature hovers at a dreamy shorts-and-shirt-sleeves level, and Kauai's soothing magic intensifies.

This northernmost and geologically oldest of the Hawaiian Islands has a way of capturing people—like the gentleman from New Jersey who came to the island 17 years ago and is still there today, operating a cordial little fruit juice and burger stand just north of the village of Kealia. Or the surfers who came to try the Hanalei Bay breakers and suffered the same happy fate, bringing with them a little eddy of Hermosa Beach sun-and-sand subculture that seems to blend in nicely on Kauai.

Because of its wide variety of birds, flowers, and trees, Kauai is nicknamed The Garden Island, and if your idea of a garden is a place to relax, you'll find the nickname accurate. Too many visitors try to "do" the island's 555 square miles in a day or two, and wind up with the sort of impression high-gear touring frequently leaves: a confusion compounded of limousines, lectures, quick peeks at selected spots, and bone weariness by day's end. The motorized tours (inquire at Lihue Airport or at your hotel) do a good job for the sightseer with a limited amount of time to invest, but Kauai is better experienced by total and unhurried immersion. Try to spend a week or two; more if you can.

This doesn't mean you should leave sight-seeing off your list entirely. You might want to spend your first few days on the island touring, before deciding on a base for the balance of your stay; the contrasts are sharp.

To begin, it makes sense to operate out of Lihue, the Kauai county seat, principal town (population 5,000), and airport. Here you'll find a modern shopping center (the Kauai Museum is right next door, open daily except Sunday 9:30-4:30, no admission fee) and most of the little night life that exists outside of Kauai's hotels.

Lihue's next door neighbor is Nawiliwili, near Kalapaki Beach on Nawiliwili Harbor, the island's only commercial port of any stature. If your timing is right, you may witness the unloading of one of the Matson Line freighters, guaranteed to transport the viewer back to the Kauai of four or five decades ago.

On the west side of the bay you'll find the Menehune Fish Pond, built, legend has it, by the pre-Polynesian inhabitants of the island. Like most of Kauai's sights, the fish pond is marked on maps distributed at any of the island's rental car agencies—of which there are 16.

From Lihue, you'll find your exploration neatly divided into two roughly equal parts with Route 50 (the Kaumualii Highway) the basic road for the southern and western portions of the island and Route 56 (the Kuhio Highway) heading north. Kauai's 12 miles of cliffs on the Na Pali Coast prevent a complete circle tour.

The Kaumualii Highway will take you over somewhat more mileage than the northern tour, and includes a couple interesting side routes. The first of these will take you off Route 50 on Route 52 (Poipu Road) to the village of Koloa and the resort area surrounding lovely Poipu Beach. Turn west on Lawai Road, a route bordered on one side by a colorful stand of rampant prickly pear cactus, and you'll wind up at the Spouting Horn, a lava blowhole that shoots water as much as 60 feet into the air, especially when tide and waves are running high. When the spouts go off, air is

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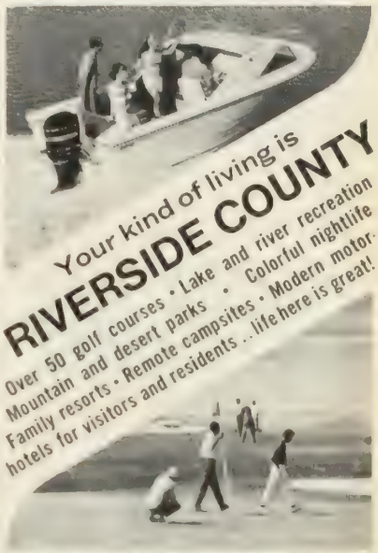
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displaced in connecting formations, causing titanic gaspings. If you visit the Spouting Horn at dusk, you won't have much difficulty imagining a dragon panting somewhere close at hand.

Heading back toward Kaumualii Highway on Route 52, take Route 53 to the west out of Koloa. You'll rejoin 50 at Lawai, then continue west to Kalaheo, which is the gateway to Kukui-o-lono Park, where you'll find a golf course, an interesting collection of stones used by the Hawaiians for a variety of utilitarian pursuits, and very few people. Down the same road, about 200 yards from the ocean, is Nomilo Pond, an ancient seawater-filled crater thought to be connected with the active Kilauea Volcano on the island of Hawaii, some 300 miles to the southeast.

The next towns along your route are Hanapepe and Waimea, both of them certain to catch your eye and capture your heart. Hanapepe's modest buildings and relaxed atmosphere recall a drowsy bygone day in Hawaiian touring. Waimea shares the same unhurried quality, and is also the site of Captain Cook's 1778 landing on the then Sandwich Islands. You can also tramp around in the remains of a Russian fort, built in 1817.

Try one of the little Japanese restaurants in one of these towns; delicious food at rock-bottom prices.

Beyond Waimea is Kekaha and an important crossroads. You can continue west on 50 to the village of Mana, the Barking Sands Beaches (so called for the noise given off when visitors slide down the 60-foot dunes), and the road's end at Polihale State Park Beach, where there are showers and rest rooms. Or you can take Route 55 to the north and discover some canyon viewing to rival Arizona's plus an ocean lookout that will make you reach for your camera.

The canyon—about a mile wide, ten miles long, and as much as 4,000 feet deep—is part of Waimea Canyon State Park. There are several excellent overviews—you may even see a mountain goat picking his way along the colorful rock strata—as well as picnic facilities. If you plan to take advantage of this splendid scenery by doing some hiking, be sure to bring a sweater; Kauai's high country can be chilly.

A few miles more and the road ends at the 4,000-foot Kalalau Lookout above a beach inaccessible by car. This is one of Kauai's most glorious spots, and if your picture-taking hopes are foiled by mist upon your arrival, wait a few minutes; the winds will usually subside for a moment or two, giving you a chance for a memorable shot.

The lookout is located in Kokee State Park, an area that offers equestrian and hiking trails, as well as cabins and a museum (operated by donations) at Kokee Lodge. The cabins are furnished with ranges, cooking utensils, refrigerators, and fireplaces. Contact Kokee Lodge, P.O. Box 428, Waimea, Kauai, Hawaii 96796 for additional information.

The Kokee Park trails will take you to a number of Waimea Canyon vantage points, the fringes of Alakai Swamp, and a number of Na Pali Coast high points.

As you return from Kalalau Lookout, watch for a turnoff from Route 55—the Canyon Rim Road—that will give you a view of Waimea Canyon few tourists share. The road rejoins Kaumualii Highway at Waimea.

As you head back toward Lihue, watch for the Kahili Mountain Park turnoff to the left between Omao Road and Route 52. The park features tents and cabins on a campsite with a view, as well as horseback riding ($2 per hour) and hiking trails. Rates begin at $16 per tent per day for four, $14 per cabin. Write Kahili Mountain Park, P.O. Box 122, Koloa, Kauai, Hawaii 96756.

The route north from Lihue on the Kuhio Highway won't keep you quite as busy as Route 50, but many visitors prefer the island's north coast.

A pair of waterfalls—Wailua and Opaekaa—will be your first stops on Route 56. You can reach Wailua Falls—and the much-publicized Fern Grotto beyond—via Maalo Road just north of Kapaia, but boat cruises to these attractions are much more popular. The Wailua (translation: Sacred Water) is Hawaii's biggest navigable river, and two firms—Smith's Motor Boat Service (telephone 822-4111 or 5213) and Waialeale Boat Tours, Inc. (822-4908)—offer tours. There are several 90-minute excursions daily, $3 adults, $1.50 children, with evening tours, luaus, and on-board entertainment also available.

Opaekaa Falls is part of the lovely Wailua River State Park (turn left on Route 58 just past the Wailua River), an area once set aside for the Hawaiian alii, or noble caste. Today pleasant picnic spots share the same neighborhood as the Holoholoku Heiau, believed to be a site for early human sacrifices.

North of Wailua is Kapaa, a town which is just beginning to feel the increasing tempo of Kauai's growing tourist traffic. As you pass through the area, you'll see the profile of Nonou—the Sleeping Giant—snoozing atop the 1,200-foot ridge to your left.

At Kealia, turn left on Kilauea Road and visit Waipahee Falls, where you'll find the remnants of a lava tube that now serves as an excellent natural slide into a deep, clear pool. The road is paved for about two miles, then becomes difficult. Don't try to reach the falls and the slide after a rainstorm.

Your next stop should be Kilauea and its lighthouse, one of the largest of its kind in the world. You can visit the lighthouse grounds, which will give you some cliffs-and-surf viewing you won't soon forget. The grounds close at 4 p.m. Turn right off Route 56 when you reach an exquisite little stone church.

Beyond Kilauea you will encounter a splendid overview of the smiling green Hanalei Valley, the legendary Birthplace of Rainbows—be sure to stop at the turnout—and then the road winds down into the valley itself. Hanalei is perhaps the most inconspicuously and attractively developed resort area on Kauai, featuring some of the island's most enchanting beaches. Hanalei Bay, with its old pier jutting out, is a timeless setting, and Lumahai Beach, next stop down the road, starred in *South Pacific*. You'll probably recognize both beaches from other films.

The beaches here can be as dangerous as they are beautiful; beware of rocks, currents, and undertows if you go swimming.

After Lumahai comes Haena and road's end against the Na Pali Cliffs. Here you'll find three caverns, two of them filled with water, one dry and explorable, plus the head of the ancient

Hawaiian Haena-Kalalau Trail hat winds up into the Na Pali igh country.

Once you've completed the wo halves of your orientation our, you'll be ready to settle in nd really get acquainted with Kauai. You'll very quickly acquire a knack for mapping out ach day's experiences for yourelf, but here are a few suggesions that may help initially.

There are some lovely luxury ccommodations on the island uch as the Coco Palms (stop by ome evening and watch the orchlighting ceremonies) in Wailua or the Kauai Surf in Nawiliwili, but if you're staying or any length of time it will ay you well to investigate some ess expensive spots. A good ource of information on lodging nd general touring is the *Kauai Vacation Guide*, published by Hawaii Business Publishing Corp., P.O. Box 1913, Honolulu, Hawaii 96808. You can also try he Office of Economic Development, County of Kauai, Lihue, Hawaii 96766 or the Kauai branch of the Hawaii Visitors Bureau, P.O. Box 507, Lihue Shopping Center, Lihue 96765.

Be sure to see Kauai's verdant nterior, which includes 5,080-oot Mt. Waialeale, billed as the vettest spot on earth (480 inches nnual rainfall), as well as miles f trails. Tours range from a alf-day excursion to a pack-in xpedition. The least expensive ull-day rate, for a Waimea Canon rim hike, is $12 and includes box lunch. Top rate is $22. Write Kauai Guides, care of Kahili Mountain Park, Inc., P.O. Box 122, Koloa, Kauai, Hawaii 96756, telephone 742-5115.

If you'd like to test Kauai's xcellent skin diving and snorkeling conditions, gear and guidnce are available through Kauai Skin Diving Company telephone 742-1641) in Koloa. The company also offers rental urfboards.

If you'd like to splurge on a eal adventure, try a helicopter our. You can see some of the sland's otherwise inaccessible ights—or perhaps spend an afternoon on a beach that very ew men have ever visited. Rates ary, according to itinerary, but basic figure is $20 for a flight ver Waialeale crater. Contact Hawaii Helicopters International, P.O. Box 1401, Lihue 96766. A sequel to helicoptering is Na Pali Coast cruising. Contact the Hanalei Kai Beach Service in Hanalei (telephone 826-6211 or 5288) or Ed Ching, P.O. Box 44, Hanalei 96714 (phone 826-5303). A little tamer excursion s the hour-long evening cocktail cruise offered nightly except Monday aboard the 25-foot catamaran *Kalapaki Kai* on Nawiliwili Bay (telephone 245-3631).

• More world-record game fish have been taken in Kauai water than anywhere else in the islands. Several charter boats operate out of the island—contact the Hawaii Division of Fish and Game in Lihue (telephone 245-4444) for information and freshwater licensing ($3.75). No license is required for surf casting or deep-sea fishing.

• Bicycling is a perfect pace for Kauai touring. Rentals, at $2.50 per day, are available at Kawamoto's in Kapaa, Kauai 96746 (telephone 822-4771). If you'd like to try a little faster two-wheeled touring, try a motorbike, available through Kauai Honda, P.O. Box 486, Lihue 96766 (telephone 245-6981). The daily rate is $17.50.

• Golfing on Kauai is a novel experience—like playing in a greenhouse. At Hanalei, the full 27 holes of the Princeville Makai Golf Course went into play early this year, and there is an 18-hole, par-72 layout at the Wailua Golf Course. Kauai Surf Golf and Country Club and Kukuiolono Park Golf Course feature nine-hole layouts, with a par-three course at the Waiohai Hotel and a pitch 'n putt setup at the Hanalei Plantation Hotel.

• There are four big professional gardens on the Garden Island: the Limahuli Gardens in Haenaa, the Menehune Gardens in Nawiliwili, Moir's Gardens—specializing in cacti—in Poipu, and the Olu Pua Gardens of Kalaheo. Admission to each is $1.

• You'll love the green Kauai countryside. Try poking around on some of the back roads—you'll find humble little houses surrounded by gardens exploding with color, and villages that always seem to be on the verge of dozing off. But watch out. Kauai is habit-forming.

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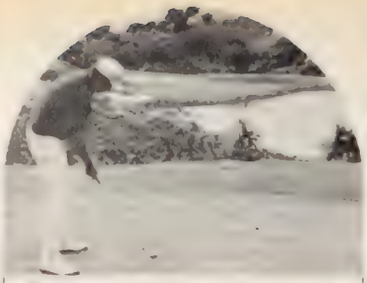
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preservation, or, occasionally, restoration. One such manor house is the Pittock Mansion in Portland, Oregon. A tour through it will not only acquaint you with the times of its builder but will tell you something about the people of Portland as well.

The mansion had its origins in a beautifully Algeresque bit of folklore. Henry L. Pittock, who founded Portland's *Daily Oregonian*, was the beneficiary of the good fortune that ultimately led to the stately 22-room French Renaissance building. Employed as a very young man by the then-weekly *Oregonian*, Pittock eventually acquired the newspaper in lieu of back wages in the mid-nineteenth century. He gave the paper daily status and in return it made him rich.

Even at its outset the mansion caught the imagination of Portland's citizenry, and it is generally regarded as the final expression of the enthusiasm that surrounded the Lewis and Clark Exposition of 1905. Unlike so many of the American empire builder castles that were wholly or partially uprooted in Europe for transfer to the United States, this mansion was built by local artisans, largely using local materials.

The senior Pittock was 78 when the house was finally finished in 1914, and he enjoyed it for five years before his death in 1919. The last family members left the home in 1958, and the house was vacant until 1964, suffering terrible water damage after the Columbus Day storm of 1962 loosened a large section of roof tiles.

In 1964, goaded by the possibility of developers acquiring the mansion and grounds, the people of Portland took a hand once again. A public funds drive netted one-third of the $225,000 purchase price, and federal and city funds made up the balance. Then, under the supervision of the Portland Bureau of Parks and Public Recreation, the city financed the extensive restorations needed to bring the mansion back to its original state.

It is an inspired restoration, aided considerably by the advice of several of the artisans who participated in the original construction. Although water damage was extensive, almost no traces of it remain, even though the restoration was conducted with the original materials.

Perhaps the most captivatin feature of the house is the ova drawing room, which uses t superb advantage the 940-foo Imperial Heights promontor that overlooks downtown Port land. Of the room's three win dows, one frames Mt. Hood, an other frames Mt. St. Helens wit Mt. Rainier in the background and the third frames Mt. Adams All four peaks are snowcapped year round. The same spectacu lar view, incidentally, is share by the bathroom just upstairs.

The bathrooms, particularly the showers, are all agleam with plumbing straight out of Buck Rogers. In fact, all the mansion's appointments are up to the highest modern standards. There are room-to-room telephones, individual room thermostats, indirect lighting, an elevator, and even a central vacuum cleaning system.

Perhaps the grandest of the interior sights is the central staircase, beautifully articulated in marble with handsome bronze balustrades. The artisan and foundry responsible for the balustrades are unknown, but the work is exquisite, incorporating dozens of subtle changes in the castings to produce an absolutely perfect fit.

The house is also full of splendid crystal chandeliers, Tiffany glazes, stone relief work, and woodcarving—all handwork and irreplaceable.

The Pittock Mansion is open Tuesdays through Sundays from mid-June through Labor Day, and on Wednesdays the rest of the year—except during the first two weeks of January when the house is closed for minor repairs and additional restoration projects.

Admission to the mansion is $1 for adults, 50 cents for students, and 25 cents for children (6-14); children under 6 are admitted free. On Fridays the rates drop to 50 cents for adults, 25 cents for students, and 15 cents for children. Admission to the grounds—46 acres known as Pittock Acres Park—is free.

To reach the mansion, take West Burnside from downtown Portland to Northwest Barnes Road, then angle to the right on Barnes, turn right on Northwest Irving, and follow the signs.

For further information contact the Pittock Mansion director at 3229 Northwest Pittock Drive, Portland, Ore. 97210. ■

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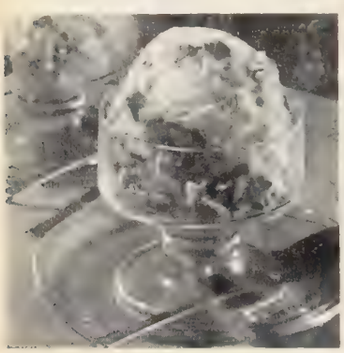
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CHOCOMINT FREEZE

A double peppermint ice cream—

1 3- or 3¼-ounce package *regular* vanilla pudding mix
½ cup sugar
2 cups milk
¼ teaspoon peppermint extract
¼ teaspoon green or red food coloring
½ cup semisweet mint-flavored chocolate pieces, chopped
1 cup whipping cream

In saucepan, combine pudding mix, sugar, and milk. Cook and stir till thickened and bubbly. Remove from heat; stir in peppermint extract and food coloring. Cover surface with waxed paper and chill. Stir in chocolate pieces. Whip cream just till peaks form; fold into pudding. Turn into 4-cup refrigerator tray; freeze till firm. Spoon into sherbets. Makes 8 servings.



CHOCOLATE POLKA DOT SQUARES

Perfect for a child's party—

1 3¾- or 4-ounce package *regular* chocolate pudding mix
2 tablespoons sugar
2 cups milk
1 teaspoon vanilla
1 cup tiny marshmallows
¼ cup crushed peppermint candy
¼ cup chopped walnuts
1 2- or 2⅛-ounce package dessert topping mix

In saucepan, combine pudding mix and sugar; add milk. Cook and stir over medium heat till mixture boils. Add vanilla. Cover with waxed paper; cool to room temperature. Stir in marshmallows, crushed candy, and chopped nuts. Prepare topping mix according to package directions. Fold into pudding mixture. Turn into 8x8x2-inch pan. Freeze till firm. Cut into squares. Makes 6 to 8 servings.

Photographs: Scott



PEPPERMINT ICE CREAM ROLL

Peppermint candy adds crunch—

4 egg yolks
¼ cup sugar
½ teaspoon vanilla
4 egg whites
½ cup sugar
⅔ cup sifted cake flour
¼ cup cocoa powder
1 teaspoon baking powder
¼ teaspoon salt
1 quart peppermint ice cream
¼ cup crushed peppermint candy
1 cup frozen whipped dessert topping, thawed

In mixer bowl, beat egg yolks till thick and lemon-colored; gradually beat in the ¼ cup sugar. Add vanilla. In mixer bowl, beat egg whites till soft peaks form; gradually add the ½ cup sugar, beating to stiff peaks. Fold yolks into whites. Sift together flour, cocoa powder, baking powder, and salt; fold into egg mixture. Spread batter evenly in greased and floured 15½x10½x1-inch jelly roll pan. Bake in 375° oven for 10 to 12 minutes. Immediately loosen sides and turn out onto towel sprinkled with sifted confectioners' sugar. Starting at narrow end, roll cake and towel together; cool. Unroll; top with ice cream softened to spreading consistency. Roll up and freeze. To serve, stir crushed candy into dessert topping. Frost cake with topping. Garnish with additional crushed candy, if desired. Makes 10 servings.

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Pattern strategy

To make the most of pattern in your decorating scheme, keep a few basic guidelines in mind. For a small room, choose a scaled-down pattern and repeat it often for a unified look. When mixing designs, match or blend colors and vary the scale.

Photograph by [illegible] Interior designer: Antonette NSID. Source: Abbey Davis



Small-scale pattern such as this neat geometric can create the illusion of more space when used all over a tiny room. Here, the matching fabric in the draperies and bedspread increases the effect of the wallpaper pattern. The plaid on the chair introduces another motif, chosen to harmonize with the colors of the geometric.

Photograph de Gennaro. Interior designer: Miriam Starr. Source: Pauline Graves



In a room of sizable proportions, you can get away with a splashy, large-scale pattern. It's most effective when used in moderate amounts. What if you tire of high-powered pattern? No problem if you use it in an easily switchable item, such as the coverlets pictured. You also could temper a large print like this with a small pattern in wallpaper or carpeting.

ng ideas bedrooms



Eichen Source: Feinline Arrows

the sunshine and flowers
our nursery with brightly
ed wallpaper and a novel
v treatment. You can
he flower box for the sill
x8s. Then apply a coat of
ic gloss paint, and trim
iangular scraps of ¼-inch
od that you paint and glue
ne perky sunflowers are
of ¼-inch plywood and
out of a slotted cover in-
e box. Posts made of 1x1s
p the stems. For the sun-
faces, cut plastic foam
n half and paint or cover
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f the room. If the room is
pick a one- or two-color
for the most spacious and
ng effect. Here, the same
ful yellow and white plaid
s the bed, window, and
The shade valance was
d to a strip of 1x1 plywood
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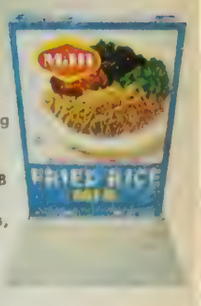
Riz de hamburger au fromage

Prepare MJB Beef Flavor Rice Mix as package directs using only 1 ¾ cups water, but add 1 8 oz. can tomatoes, chopped, to water. While rice cooks, mix ¾ lb. hamburger, 1 egg, ½ cup soft bread crumbs, ¼ cup milk, ¾ tspn. salt, shape into small balls, brown in oil. Drain oil. After rice has simmered 10 minutes, combine with meat balls. Cover; cook over low heat 5 minutes longer. Stir lightly. Sprinkle with ½ cup grated Cheddar cheese and 1 tspn. chopped parsley. Cover; let stand 5 minutes until cheese is melted. (To prepare with MJB White & Wild Rice Mix, use only 1 ⅓ cups water.)



Riz de hot dog à la chinoise

Prepare MJB Fried Rice Mix as package directs, but add contents of seasoning mix packet to water. After rice has simmered 10 minutes, add 5 hot dogs, sliced; 5 oz. can water chestnuts, drained and sliced; ½ cup each celery and green onions, thinly sliced. Simmer remaining 5 minutes. Stir lightly, cover and let stand 5 minutes. Turn into serving dish and garnish with celery leaves. Serve with soy sauce. **All seven MJB Rice Mixes make great side dishes. But they also make great casseroles, vegetable dishes, stuffings, and more. For our new recipe booklet, send 10c in coin to: MJB Kitchens, Box 77101, San Francisco, Ca. 94107.**





BEAUTIFUL DECORATING IDEAS

These beautiful Home Furnishings Ideas magazines feature full color photos—you can't make mistakes matching or blending. Issues still available:

18034 Spring/Summer 1971, 18023 Fall/Winter 1970, 18016 Spring/Summer 1970, 18008 Fall/Winter 1969. $1.35 each; any 2/$2.60; 4/$5.00 (add .35 postage per book)

Send order and remittance to
BETTER HOMES AND GARDENS, DEPT. 2G0, BOX 374, DES MOINES, IOWA 50302

Newsy tables in black and white

If your table needs a lift, experiment by removing all color from the setting. Try black and white geometrics, plaids, and prints for cloths and mats. Our tables, below, show how to carry out the theme with china, silver, and crystal.



A trio of chalk white candlesticks highlights this stylish table set with bold-banded black and white china and a jigsaw plastic mat. (You can paint any-color candlesticks with flat white paint.) To complete the setting, we added a crystal figurine and a black-footed goblet.



A cloth of geometric pattern yard goods, reminiscent of American Indian weaving, makes a dramatic background for a jet black plate and white accessories. Small, footed jug lacquered in black enamel holds a loose array of daisies and berried branches. Dried berries can be brightened with poster paint.



Super-scale graphic print cloth started out as a sheet. You'll find many of the exciting new sheet patterns ideal for the table. For the centerpiece, we teamed two graceful branches of thorn, painted black, with two white mums. Stark white china is accented with a folded black napkin.



Country-fresh setting features a frothy bouquet of daisies in a brass-ringed needlepoint with black polished stones arranged at the base. You can buy stones at hobby stores or paint the garden type with high-gloss enamel. Plaid mats, Camelot fine china, and etched stainless carry out the no-color theme.

New Two-in-One entrees.

Delicious things like Beef Stroganoff. Complete with noodles. And Sea Scallops Mariner, with parsley rice.

And Green Pepper Steak. Shrimp Creole. Sweet and Sour Pork. And Beef Chop Suey. All with rice.

We've put each part of these single-serving entrees in separate cooking pouches. For example, the Beef Stroganoff cooks in one pouch; and the noodles cook in another.

That way, each part comes out just right. And all you have to do is put them in boiling water. Just fifteen minutes later, you've got a great meal.

Stouffer's Two-in-One entrees. Six new reasons that it's a good day for Stouffer's.

Stouffer's introduces six great meals you can fix just by boiling water.



1972, Stouffer Foods Division of Litton Industries

Have a happy homecoming

Most of us plan our vacations with meticulous care but we're apt to be careless about the house we're leaving behind. The penalty for that forgetfulness could range from a non-functioning refrigerator to a break-in.

For a happy homecoming, use the following suggestions as a checklist before you hop into the car and take off for that much-needed rest.

If your vacation is for r than a weekend, cancel t regular services:

- Milk delivery
- Paper delivery
- Mail delivery. The post o will hold your mail until come to pick it up when return.
- Weekly pickup or deli services such as dry clea and trash removal.

You should also find:

- Someone to care for your This can be a neighbor, fri or kennel. On busy hol weekends, you may need to the kennel ahead of time t serve space for your pet.
- Someone to take care of indoor plants. Be sure he kn which ones need a lot of w and which ones need only a tle. Tagging the plants will h
- Someone to check the re erator and freezer during absence to be sure they are erating and tightly closed.

It's also a good idea to any bills that will be due du the time you're away—espe ly your insurance or bills will have added charges if late. Paying bills is alway chore but it's easier ahead time than after the vaca when the money seems to disappeared.

For added protection of home, do the following:

- Call the police and let t know you are leaving and w you will be returning. Also form them if someone has mission to use your home w you are gone. Mention that will be leaving some lights o
- Unplug the television set any other appliance that not have to function while are gone.
- Be sure all the doors and dows are locked.
- Give a neighbor a key ju case you lose yours, or if t is an emergency.
- Make arrangements to someone cut the grass if yo going to be away a long t
- Purchase several 24-hour ers designed to turn on the l in different parts of the ho The timers can be set so the ing room light goes off and seconds later the bedroom goes on. You might consider ting a radio on one of these a matic timers, to add to the sion that someone is home. S timers will vary the shutoff by a few minutes each night

Before you leave:

- Clean out the refrigerato any food items that might s
- Do the dishes and clean up house.
- Double-check to be sure have taken care of everyth Then forget about your h and enjoy your vacation. ■

Tell your husband about Conceptrol Shields.

Trademark

It's for his own good.

If you are among the three-and-a-half-million married couples who use prophylactics as your method of birth control, buying them has probably always been your husband's domain. And probably he's been using the same brand for as long as he can remember. Now you can tell him some facts about a *new* prophylactic that he'll probably like better than what he's using now. Conceptrol Shields, a prophylactic combining the best qualities of all the available brands, plus the advantages of a unique shape.

Shape: Conceptrol Shields are contoured, which means that they probably fit more securely and are more comfortable than any prophylactic he's ever used.

Sensitivity: Conceptrol Shields are made from very thin latex. Yet, thin as they are, they pass rigorous strength and safety tests.

Lubrication: Conceptrol Shields are available either with a specially developed dry lubricant that is less messy or, if you prefer, they are also available nonlubricated.

Reservoir: Conceptrol Shields have a special reservoir end for even greater comfort.

It all adds up to a prophylactic that's modern...different...and better. Tell your husband about Conceptrol Shields. Tell him it's the prophylactic he'll like better. It's for his own good.



Conceptrol Shields

Trademark

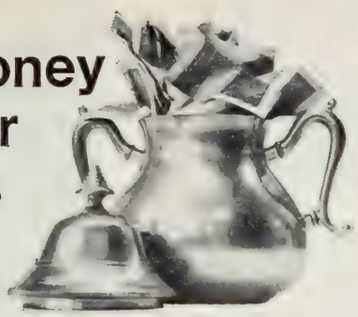
Ortho

World's largest laboratories devoted to family planning research

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In accordance with California state policy we are making available through your local pharmacist educational material on the value of prophylactics in the prevention of venereal disease.

Win money for your recipes



Corned Beef Main Dishes—Two-Crust Pies

t's your special way to make corned beef the main attrac- ? We're also looking for unusually delicious pies. Why not in your favorite recipe for either or both categories? You d be a winner next February. Two Cooks-of-the-Month ive $50 each, four Runners-up receive $25 each, and 12 or Roll winners get $10 each. Selected winning recipes will ictured on the Prize Tested Recipes pages next February. All winners receive a framed Better Homes and Gardens Certi- e of Endorsement and six copies of the endorsed recipe.

Hints to Help You

ned Beef Main Dishes can ude the whole brisket or d, ground, or canned corned . Maybe you have a camping ialty or a quick fix-up using canned ingredients. Do you a buffet casserole?

Two-Crust Pies. What's your unique fruit filling combination? Maybe you have a special way to layer your pie. Do you make an unusual glaze or topping? Don't forget your favorite flaky crust recipes.

gestions:
led noodle bake
ben pie
ed beef casserole
. corned beef omelet
-vegetable loaf

To help you:
sherried cherry pie
apple pie in sesame crust
melba-sauced peach pie
date-coconut pie
lattice-topped rhubarb pie

THIS MONTH'S WINNERS

(See recipes on pages 91 and 92.)

Cooks-of-the-Month

Mrs. Maxine L. Brady, Waterville, Maine
Mrs. William Sincock, Flint, Mich

Runners-up

Corrinne C. Baker, Salt Lake City, Utah
Mrs. Wayne Banks, Paris, Tenn
Chris Hesketh, Mill Valley, Calif
Mrs. Cecil L. Smith, Westwood, Mass.

Honor Roll

Mrs. Robert Brandt, Kennewick, Wash.
Anne Dobney, Missoula, Montana
Mrs. G. F. Fedde, Durham, N. C.
Mrs. Del Hillyard, Mogadore, Ohio
Helen Izatt, Provo, Utah
Mrs. Rainer Jezek, Pittsburgh, Pa.
Mrs. O. L. Luglan, Kerrville, Tex
Mrs. Allen McAllester, Jr. Arlington, Va.
Mrs. Lawrence J. Sharp, Seattle, Wash
Mrs. Keith Sprunger, North Newton, Kans.
Mrs. Elroy A. Thompson, Good Thunder, Minn.
Edith Wegener, San Anselmo, Calif.

Contest Rules

1. **Write or type your recipe clearly on one side of the paper and mark it "February Corned Beef Main Dishes" or "February Two-Crust Pies." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, July 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7207 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

people are going to the dogs



For years people have crunched animal crackers. Why shouldn't dogs enjoy People Crackers? Good idea? We thought so. So we baked up nourishing little crackers shaped like the people in a happy dog's life. Now your dog will love mailmen, milkmen, policemen—even dogcatchers!

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BUILD IT YOURSELF AND SAVE MONEY

Whether you are handy with tools or not, you can enjoy the satisfaction of improving your home and still save money. Better Homes and Gardens easy-to-follow plans and step-by-step instructions show you how to build with professional results.



BUNK BED STORAGE
A simple plywood box design—can be built in a weekend. Drawers under bed are just the thing to keep toys out of sight.
Plan No. 3607-9



SPACE SAVER BUNKS
Beds for two people, sliding do closet, plus two drawers for clothi or toys with this bunk bed proje Fits in the smallest quarters.
Plan No. 3510-9



CANTILEVERED DECK
A convenient and attractive addition to any backyard. A huge 12′ deep, 16′ long (not including steps), can be constructed at any height.
Plan No. 3406-2



BATHROOM ORGANIZER
Add space to your bathroom just by adding shelves. An excellent way to organize your bathroom. Keeps things neatly out of the way.
Plan No. 3311-2



BOOKCASE
This elegant bookcase features plenty of storage space, shelves and display area. Can be built with plywood in just 5 easy steps.
Plan No. 3309-3



OUTDOOR WORKSHOP
Build your workshop outdoors a put your recreation room back in t basement. The complete 16′ x workshop can be built on any terra
Plan No. 3907-1



STORAGE WALL
You pick the lumber for this graceful Mediterranean design. Project features adjustable shelves; drawers are saw marked to look like two.
Plan No. 3605-3



TOY CHEST-BENCH
This handy chest keeps toys hidden away so easily. Big enough for lots of toys, small enough to fit anywhere. 39″ long, 18½″ deep, 27½″ high.
Plan No. 3611-2



A-FRAME PLAY UNIT
If there's not a playground nearby, build this one. A swing, a basketball net, and a playdeck—all in one. Guaranteed to thrill your child.
Plan No. 3808-2



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Plan No. 3503-1

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- ☐ **3808-2 A-Frame Play Unit**
- ☐ **3510-9 Space Saver Bunks**
- ☐ **3907-1 Outdoor Workshop**
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- ☐ Please send me 48-page catalog of over 200 project plans and 50-page booklet of handyman tips. No. 04221; $1.00.
- ☐ First Class—one plan add $.50; two or more $1.00.
- ☐ Parcel Post—one plan add $.25; two or more $.50.
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LINEN CLOSET
18 compartments and 5 drawers i linen closet. Even includes a spec slot for light bulbs. Ideal if stora space is limited.
Plan No. 3607-10

ndoor living in utdoor space

mfortable, spacious, and private liv- areas needn't be confined to the in- ors. This handsome 20x28-foot deck dition proves our point.

Built three feet above an old concrete tio, the surface of this new deck stands el with the living room floor. Sliding ass doors connect the deck to living om and kitchen areas. The deck's ategic location makes it popular for tertaining and family meals. Underfoot, loor/outdoor carpeting adds a touch of loor comfort to this outdoor area.

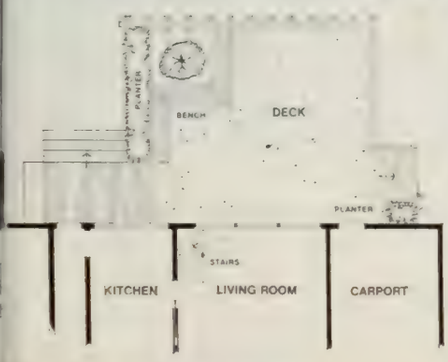
Built-in 2x4 fir benches provide plenty auxiliary seating for large parties. A ll evergreen tree, surrounded by the fir nches and the deck wall, provides wel- me shade for an afternoon siesta.

The deck features a freestanding wall two sides, and the house provides the ird side. The other side is left open to low access and a view to the backyard ee plan).

Structural plywood decking, laid on 10-inch joists, forms the deck floor. ain drainage presents no problem since e deck surface slopes just enough to rmit runoff into a one-inch slot at the all opposite the house.

The interior finish of the seven-foot alls gives the deck its central decorative eme. Charcoal gray fir panels and 2x4s e nailed to a bright red plywood back- g. Electrical outlets are built into the all for added convenience.







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Bayer® Timed-Release Aspirin is an important, unique advance in the relief of the minor pain and stiffness of arthritis.

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Limit one per family. Offer expires August 12, 1972.

Photographs, Charles Pearson, Architect, Jere Johnson, Design consultant, American Plywood Association



With rising fuel costs, and the urgent need to conserve energy, here's how to find out if your home is wasting fuel.



A Presidential Committee has recently recommended that the Nation act now to conserve energy fuels. One of the best ways to do this is to make sure your home has *adequate insulation.*

In fact, if your home is more than 15 years old, it probably doesn't have adequate insulation and it may be wasting more than 45% of its fuel. Or costing almost twice as much as it should to keep your family comfortable.

If you're building a new home, you can nip this problem in the bud, by telling your builder to use Fiberglas*6″& 3″ insulation. That's 6″ of Fiberglas in ceilings and 3″ in walls. It helps stop fuel waste, and can cut heating/cooling costs as much as 30%.

In an existing home, it's easy to find out if you're wasting fuel, either because of poor insulation, or other reasons:

Start at the top.

Take a ruler up to your attic, and measure the insulation. If it's less than 6″ thick, you need more. Remember, heat rises. 6″ of Fiberglas insulation in ceilings helps stop heat from escaping through your roof—allows significant savings in fuel costs. In summer, it stops solar heat gain that forces air conditioners to run longer than necessary. And finally 6″ of Fiberglas insulation in ceilings will make your family feel a lot more comfortable year round.

Two thermometers let you double-check.

Place one thermometer against an outside wall and another thermometer in the center of the room. Leave them for 4 hours, then take readings. The thermometer on the outside wall should not be more than 5 degrees lower than the one in the middle of the room. If it is more than 5 degrees lower, it's another sign your home needs more insulation.

A candle can lead to additional savings.

You may be losing heat from openings in your home. Light a candle and hold it near the edges of windows and doors. If it flickers, you probably need caulking, weatherstripping, or storm windows and doors. They can cut your fuel costs by as much as 10%.

Check your furnace and filters.

Start the heating season right. Have furnace serviced. Change air filters once a month. Dirty filters make your furnace work harder and longer, wasting fuel. Owens-Corning recommends Fiberglas Dust Stop* filters. In six packs.

The dollars and sense of Fiberglas insulation.

Installing 6″ of Fiberglas in your attic isn't difficult or expensive. You can do it yourself in less than a weekend. Cost for an average home is about $100. If you're building a new home, the cost of 6″ & 3″ is less than 1% of the total construction cost. In both cases, fuel savings soon pay for the insulation cost.

How much *you* save with 6″ of Fiberglas insulation in ceilings depends, of course, on the size and location of your home. But it's easy to get a good idea:

Send for Computer Analysis of heating and cooling savings in your area, and new booklet on reducing fuel consumption.

We will send you a free copy of a very helpful new booklet, "7 Ways of Reducing Fuel Consumption in Household Heating . . . Through Energy Conservation" prepared by the National Bureau of Standards and the Office of the Assistant to the President for Consumer Affairs. You'll find it's full of suggestions on how you can save fuel and save money. *Reg. T.M. O.-C.F. Corp

Owens-Corning Fiberglas Corporation
Attn: C. N. Meeks
Fiberglas Tower, Toledo, Ohio 43659

Please send me a computer analysis of heating and cooling savings in my area. Also the free booklet on fuel savings suggestions.

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Address_____

City_____ State_____ Zip_____
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Owens-Corning is Fiberglas

OWENS/CORNING FIBERGLAS

BHG-8

Welcome to the Black & Decker cordless generation

New! Cordless Electric Grass Shear.

Makes light work of all those grass trimming jobs. Exclusive double-locking safety switch. Up to 45 minutes cutting action. Charger Unit and long-life rechargeable batteries included. Black & Decker quality.



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#8280



New! Cordless Electric Hedge Trimmer.

Lets you trim hedges, shrubs, evergreens with no strings attached. Smartly styled. Big 16" double-edged blade delivers high performance. Rechargeable batteries and charger included.

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For your nearest Dealer, call (800) 243-6000 FREE day or night. In Conn.—(800) 882-6500.

expect the best from Black & Decker lawn 'n' garden tools for less than you'd expect

Up-to-date tips about moving

Continued from page 21

and laundry. Be sure to turn off all utilities when you depart.

Payment. Most movers require cash, certified check, or money order—not a personal check. You are expected to pay in full upon delivery of your goods, unless you have made credit arrangements with the mover—a rare possibility. A recent ICC ruling says that the mover cannot collect on-the-spot payment beyond ten percent of his original estimate. You have 15 business days to pay the rest—or try to convince the mover to reduce charges. You must pay by then, and after that your only recourse is the ICC or the courts.

Damage. Watch closely when your goods are being unloaded. Get the moving man to make a note on your bill of any loss or damage. If he won't, write in a description of the problem yourself and follow up with a letter to the company. If you still have trouble, you can take your complaint to the ICC, the Better Business Bureau, or a local consumer-interest group.

In New York, the moving and storage industry has created the Office of Impartial Chairman to handle moving disputes. Many experts believe this system of binding arbitration should be set up in every state. In fact, if you have a serious problem, the New York chairman, Mr. James P. Harley, will offer advice. Write him at: *The Office of Impartial Chairman, Dept. G, Moving and Storage Industry of New York, 10 Columbus Circle, New York, N.Y. 10019.*

Although you may see no loss or damage at first glance, protect yourself by writing above your signature *on each page of the receipt:* "Received subject to further inspection for concealed loss or damage." That way, the company cannot automatically claim that everything arrived in good repair. But don't forget that the movers will have made written descriptions on the inventory list of any damage they spot when they load. Don't try to make false claims.

Moving yourself. You could save up to 50 percent by renting a truck or trailer and making the move on your own. Costs will be a bit higher between spring and Labor Day.

The truck rental business is highly competitive, so shop around. Look in the yellow pages under "Truck renting" or "Trailer renting." Some companies offer free use of dollies, furniture pads, and packing cartons. Others don't. Your destination, as well as the distance, may affect the price. If a particular company already has a surplus of trucks where you're going, they don't want to send more, and the price may be high to discourage you. In that case, try another company.

Also check into the dealer distribution along your route, so you can count on repairs. And find out about insurance—liability as well as property. Get a rider for your homeowner's insurance if necessary.

To figure how large a truck you'll need, get a move-it-yourself book that includes checklists on how much space various items take up. For instance, a bike fills six cubic feet, a steamer trunk, 12. Many truck rental companies provide such guides. The average room holds between 140 to 160 cubic feet of furnishings. A small Econoline van can carry about 250 cubic feet, and there are trucks for rent with capacities all the way up to over 1,100 cubic feet.

Some rules of packing: Don't put more than 50 pounds of goods in a carton. Pack books and other heavy items in smaller cartons. Load the heaviest items in the front half of the van, close to the cab. Put fragile items on top. Pack your goods tightly with pads and blankets, and tie everything down.

Follow the same weight distribution for a trailer. About 60 percent of the total weight should be in the front half, with all goods balanced evenly from side to side. Don't tie anything on top; it's dangerous. And be sure the loaded trailer doesn't weigh more than your car does empty. Otherwise, you could cause some costly damage to your car. ■

Family Money Management Next Month

- **Can you get special insurance against crime?**
- **What's the best way to rent a car?**

ying guide

t of the products shown rially in Better Homes Gardens can be obtained ading local stores. For e information, write the ufacturers listed. Some s are privately owned ustom made—thus are ted from the product g.

deas under $100

40 (1): White plastic stools—Atelier ational, Ltd., 139 E. 57th St., N.Y., 0022. (3): Lamp—Tyndale Inc., 230 Ave., N.Y., N.Y. 10001. Bedspread lerest Mills Inc., 60 W. 40th St., N.Y. 10018.

41 (4): Sofa fabric—Connaissance, ird Ave., N.Y., N.Y. 10022. Striped in hall—Keystone Floor Products cond and Bristol St., Philadelphia, 140.

43 (8): Wine rack—Essex Products, 60, Hoboken, N.J. 07030. Wall s—Yorkcraft Inc., 550 S. Pine Ave., Pa. 17403. Coal scuttle—Martin-y General Metalware Co., 1401 1 Ave. N.E., Minneapolis, Minn.

44 (10): Carpet—Karastan Rug 919 Third Ave., N.Y., N.Y. 10022. Boris Kroll Fabrics, Inc., 979 Ave., N.Y., N.Y. 10022. Chrome ire—Bonniers, 605 Madison Ave., N.Y. 10022. Lamp—Bevlerian d, 253 Fifth Ave., N.Y., N.Y. 10016.

45 (12): Plastic—PLEXIGLAS plastic by Rohm & Haas Inc. In-lence Mall West, Philadelphia, Pa. 14): Plastic—PLEXIGLAS acryl-ic by Rohm & Haas Inc.

46 (15): Director's chairs—Telescope g Furniture, Granville, N.Y. 12832. Light—Robert Somerman Assoc. 550 57th St., Woodside, N.Y. 11377.

47 (18): Floor lamp—Koch and Inc., 940 Third Ave., N.Y., N.Y. Chair—Telescope Folding Furni-Granville, N.Y. 12832. Small lamp, shelf—Lightolier, 346 Claremont Jersey City, N.J. 07305. 19): Cord enhead Yarn and Thread Co., on, Ala. 36201.

48 (20): Chair—Thonet Industries, Park Ave., N.Y., N.Y. 10016.

49 (23): Red fabric panel—Greeff s, 150 Midland Ave., Port Chester, 0573. Lamp (left side with shade—le Inc., 230 Fifth Ave., N.Y., N.Y. Bedspread—Greeff Fabrics. Lamp side—Raymor Mfg. Division, 754 Ave., Ridgefield, N.J. 07657. 24): bowl—Esco Industries, Inc., 225 Ave., N.Y., N.Y. 10010.

51 (28): Game—Scandia, Inc., 55 1 St., Newton, Mass. 02158.

52 (31): Sheets—Burlington Indus-345 Ave. of Americas, N.Y., N.Y. 33): Lamp—Tyndale Inc., 230 Ave., N.Y., N.Y. 10001.

54 (34): Trunk—Sears, Roebuck & 25 S. Homan Ave., Chicago, Ill. Silver meat tray • The Gorham rovidence, R.I. 02907. 35): Candles-and easel—Sonya Lunis, 225 Fifth N.Y., N.Y. 10010. Plaque on easel—c., 8348 Olive Blvd., St. Louis, Mo.

56 (40): Carpeting—Firth Carpet ivision of Mohasco Industries, rdam, N.Y. 12010.

58 (45): Top left—Flexible tubing—Roebuck & Co., 925 S. Homan Ave., o, Ill. 60607. 46): Top right—Plas-ohm & Haas Co.,

60 (48): Tables—Stanley Furniture ne., Stanleytown, Va. 24168. 49): torage units—Norsk Inc., 111 East N.Y., N.Y. 10022

66 (60): Director's chair—Telescope g Furniture, Granville, N.Y. 12832.

67 (61): Table lamps—Tyndale Inc., 8th Ave., N.Y., N.Y. 10001. Wall-E. C. Bondy, 5517 Cleon Ave., Hollywood, Cal. 91606.

68 (66): Chopping block—Bruce ng and Molding, Cook Ind., Inc., gton, Tenn. 38019.

69 (68): Plastic—PLEXIGLAS plastic by Rohm & Haas.

70 (69): Blender—Merit Enterprises, Wortman Ave., Brooklyn, N.Y. Electric clock—Sunbeam Appli-Co., 5400 W. Roosevelt, Chicago, 650. Utensil set—Sears, Roebuck & 25 S. Homan Ave., Chicago, Ill. Dishwasher—Hobart Mfg. Co., Headquarters Ave., Troy, Ohio Faucet fixture—Zeigler-Harris, San Fernando Rd., San Fernando, 91340.

71 (70): Ladders—Creative Play-Princeton, N.J. 08540. Stool—International, 745 Fifth Ave., N.Y., 0022. (72): Plastic—PLEXIGLAS plastic by Rohm & Haas. 73): overing and fabric—Bob Mitchell s, 8535 Warner Dr., Culver City, 90230. Lamp—Tyndale Inc., 230 Fifth Ave., N.Y., N.Y. 10001.

Page 72 (74): Chests of drawers—Basic-Witz Furniture Industries, Inc., Waynesboro, Va. 22980. (75): Furniture—Knoll Int., 745 Fifth Ave., N.Y., N.Y. 10022.

Page 73 (76): Vase—S. P. Skinner Co., Inc., 34 W. 24th St., N.Y., N.Y. 10010.

Page 75 (81): Hanging candle holder—George Jensen, Inc., 171 Saw Mill River Rd., Hawthorne, N.Y. 10532. (83): Fabric of tepee—Payne and Co., 3500 Kettering Blvd., Dayton, Ohio 45400.

Page 77 (88): Fabric of bedspread—Patterson Piazza, 59 Bond St., N.Y., N.Y. 10012.

Page 78 (90): Dinnerware—"Caviar" by Mikasa, 25 Enterprise Ave., Secaucus, N.J. 07094.

Page 79 (94): Masks—A. S. Kizner Imports, 19 W. 27th St., N.Y., N.Y. 10001.

Page 81 (96): Fabric on Chair—Bloomcraft Inc., 295 Fifth Ave., N.Y., N.Y. 10016. (97): Screen—Montgomery Ward & Co., Box 8339, Chicago, Ill. 60680.

Meal-in-one sandwiches

Page 91 (left): Mug—Bennington Pottery, 324 County St., Bennington, Vt. 05201.

Page 92 (top left): Fork "Carillon"—Lunt Silversmiths, Greenfield, Mass. 01301. (top right): Plate, mug, saucer, and sauce dish—Bennington Pottery, 324 County St., Bennington, Vt. 05201. (bottom right): Glasses—Anchor Hocking Corp., Lancaster, Ohio 43130.



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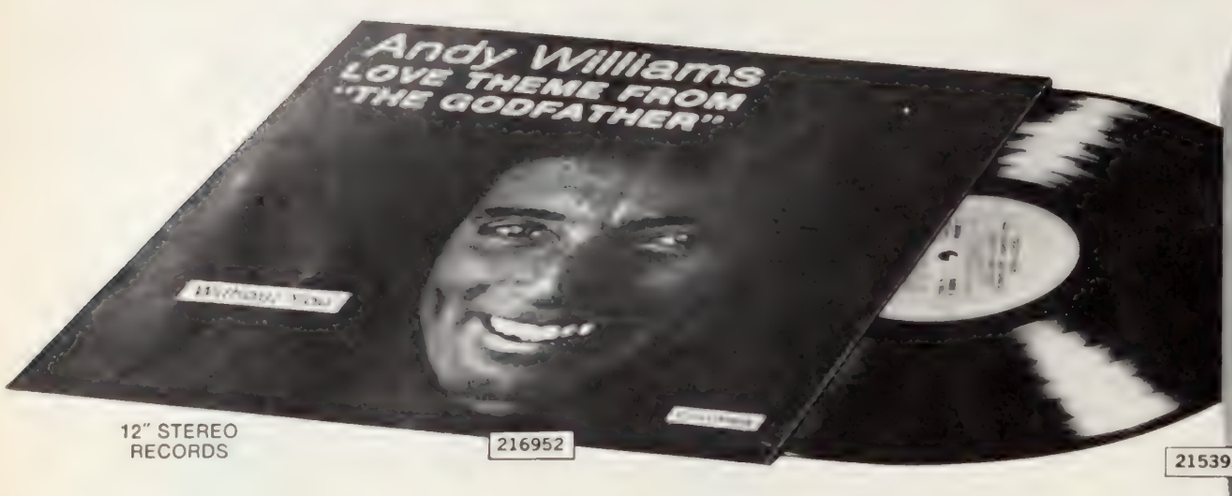
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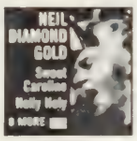
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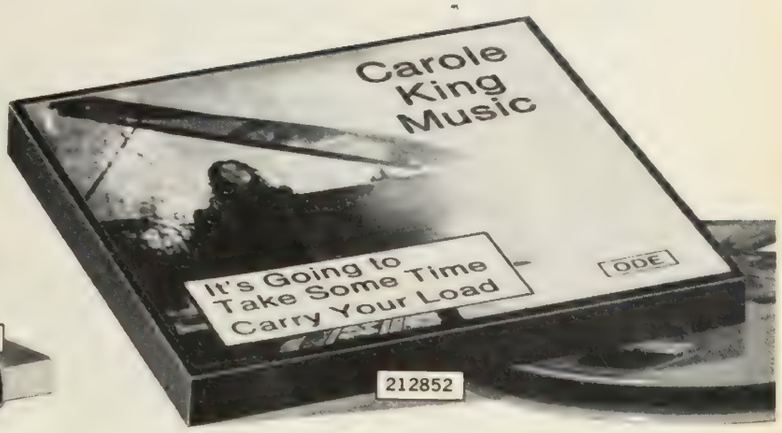
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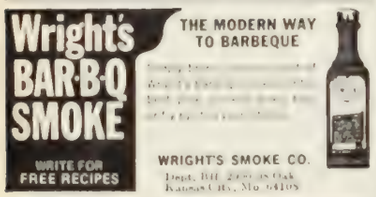
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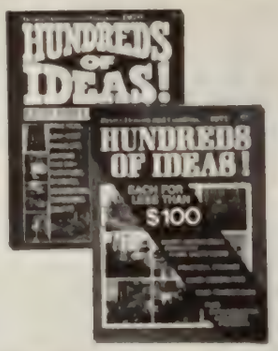
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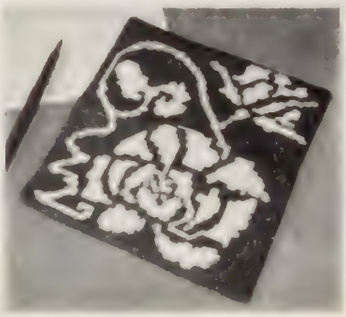
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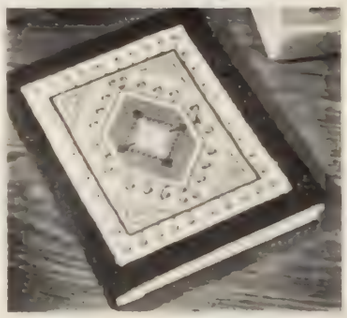
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How to order material from the magazine

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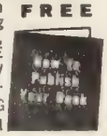
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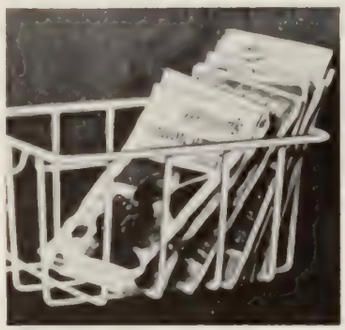
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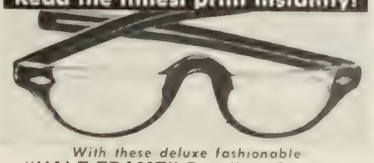
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Herald Tribune

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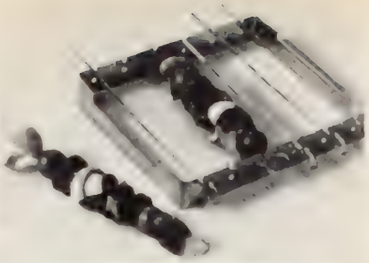
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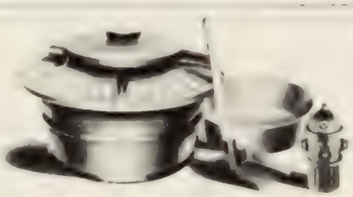
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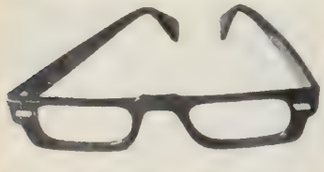


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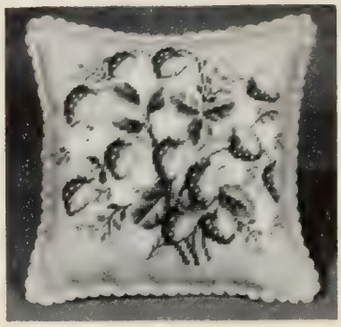
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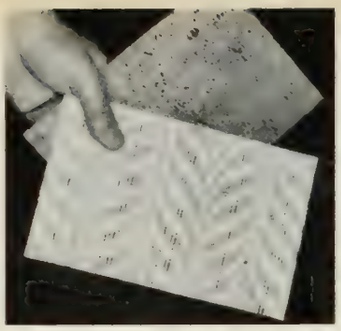


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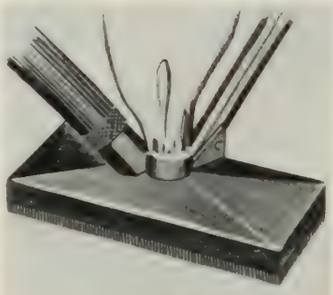
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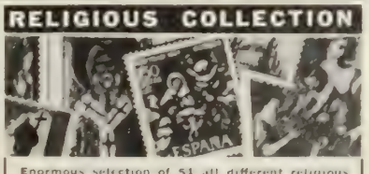
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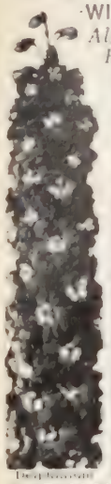
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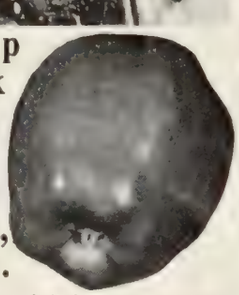


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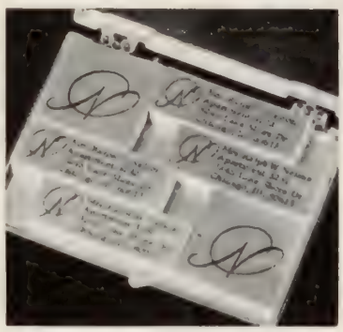
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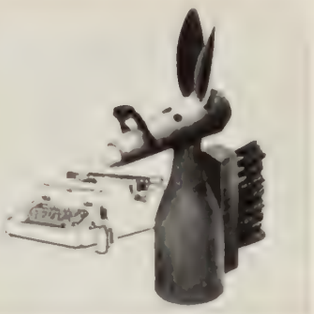
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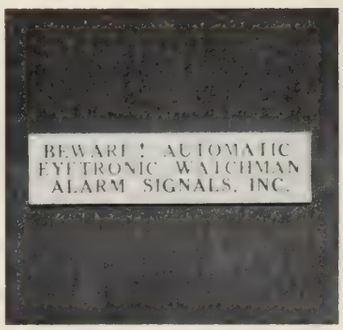
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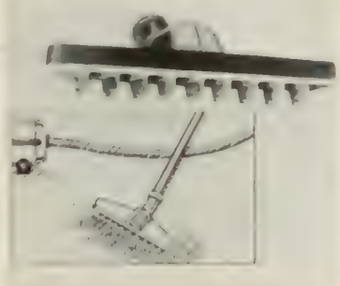
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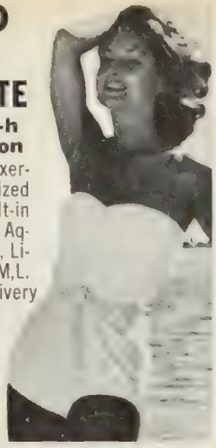
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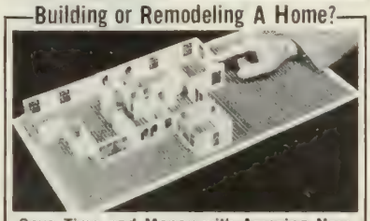
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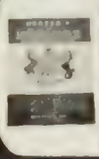


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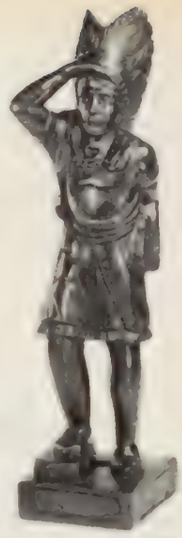
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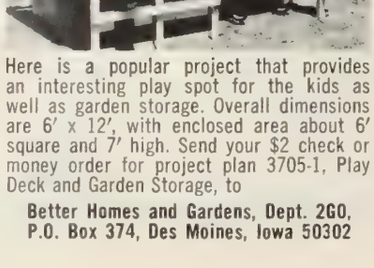
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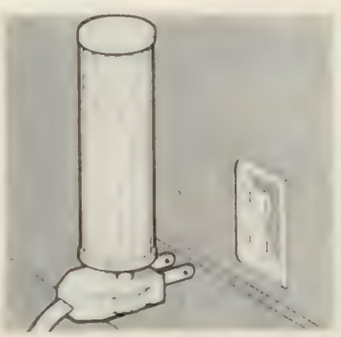
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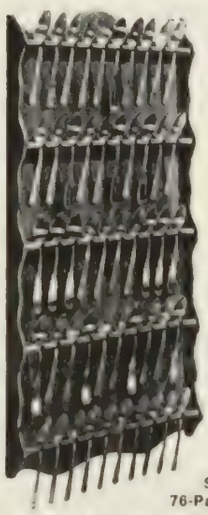


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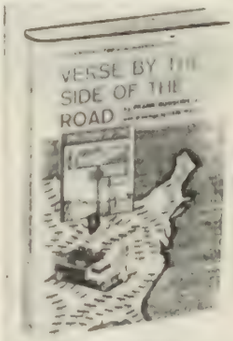


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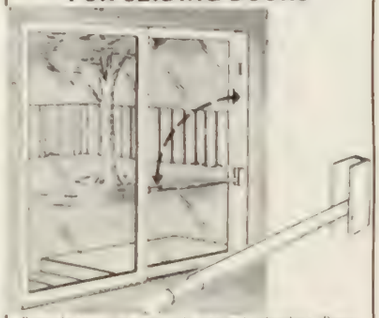
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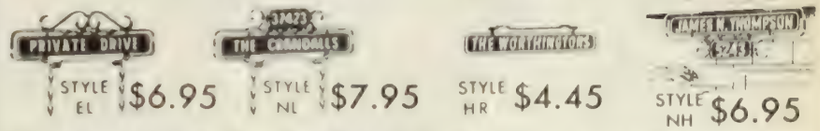
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The man next door

Although he's naturally heartened that church attendance is increasing, the Rev. George Hall does wonder whether it's because his sermons are getting better—or because the Sunday morning fishing is getting worse.

The teen-age boy down the block has entered the "difficult stage." He now has to decide whether to give up bubble gum or his attempt to grow a moustache.

Last week our city hired a consultant on aging, but Grandma Hillis isn't impressed. She says her generation managed to accomplish it without any professional advice whatsoever.

Elaine Cowan says the secret of staying in the swing of things is "to keep your hair light and your past dark."

What passes as progress never ceases to amaze me. Across the river, a subdivision builder cut down the trees and then named the streets after them.

In college, I had the urge to write something I'd remember for my entire life. Christine claims I accomplished that dream the day I signed our mortgage.

Rosemary's acid-rock records pose a problem for my wife. She says she can't tell which ones are worn out.

I understand younger people are drinking less coffee. This may not please the Latin countries, but I'm hoping it will resolve the balance-of-payments deficit in our office coffee fund.

Grandpa Hillis says he can't help wondering whether his grandchildren will be suitably impressed with "all the plastic antiques that I'm likely to leave them."

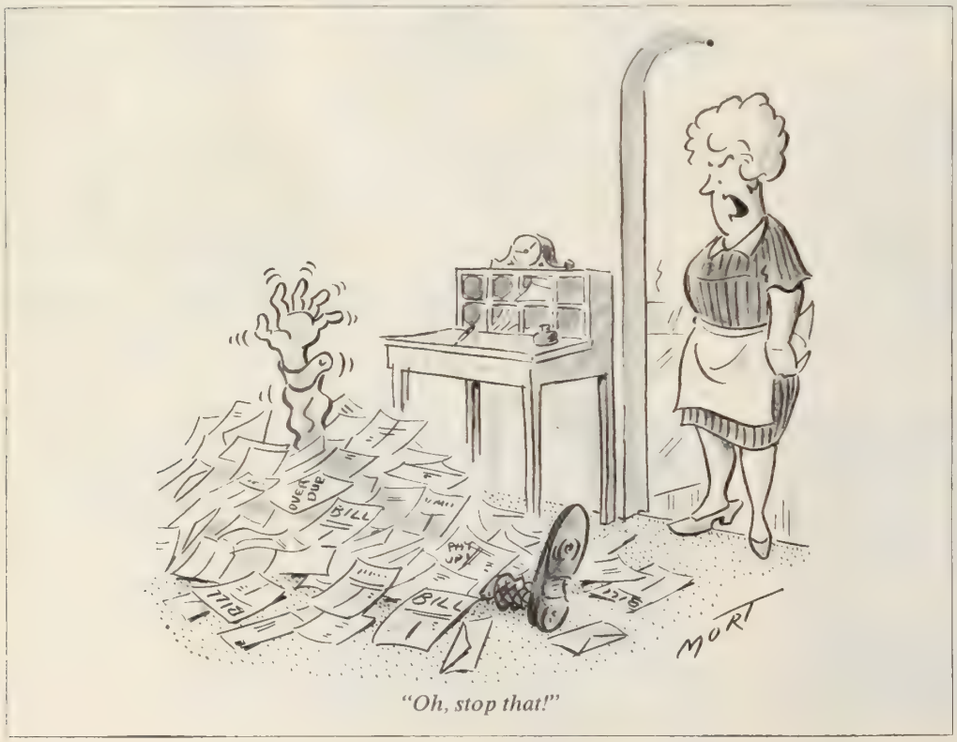
"Most children aspire to become doctors," according to Dr. Bob Hannelly, "until they learn that doctors have to wash their hands all the way up to the elbows."

Bill Norman wouldn't reveal his age at his recent birthday party, but he did admit to "living through three revivals of the wide necktie."

Now that car makers have made it standard practice to recall defective vehicles for repairs, I wonder if we couldn't apply the same idea to politicians.

I'll give Judy's dog credit for being in the ecology vanguard. He's already recycled my favorite golf cap, three socks, and two sweat shirts into cleaning rags.

A new fire evacuation plan posted on the office bulletin board is a masterpiece in simplicity: "In case of fire, evacuate building with quitting time speed."



"Oh, stop that!"



"Okay Dudley, aren't you carrying this back-to-nature idea a bit too far?"

Burt, Jr., began a morning paper route. As I predicted, it's teaching him the acts of salesmanship and business. An aggressive dog on his route is also determined to introduce him to the 100-yard dash.

Congressman Nick Hanfli, running for reelection this year, is seeking a wide range of opinions on his election chances. So far he's consulted a Chinese fortune cookie, his daily horoscope, and a guru.

Rosemary can't understand why I know when she's driven the car last. It's easy. At least I've never yet voluntarily tuned the car radio to KUTE, "the music station with sounds to rock you ragged."

Grandpa Hillis' idea of the winter Olympics is a cup of hot chocolate, a warm blanket, and a TV football game.

For some women, the backyard patio is a dull substitute for the front porch. From there, you could watch the entire neighborhood without looking nosy.

The Fourth of July must be disappointing to some people these days.

Our town once celebrated the nation's birthday with a parade, speeches, a big picnic, a band concert . . . and what seemed to be an endless display of fireworks. Some communities still make an effort in that direction, but long holiday weekends, new interests, and restrictions on fireworks have taken their toll.

Sometimes I wish our children could see an old-fashioned Fourth of July, just for memory's sake. But this holiday will find Rosemary on a summer tour with the college choir, Burt, Jr. on a canoe trip with his Scout group, and even our Judy soon will be off for summer camp.

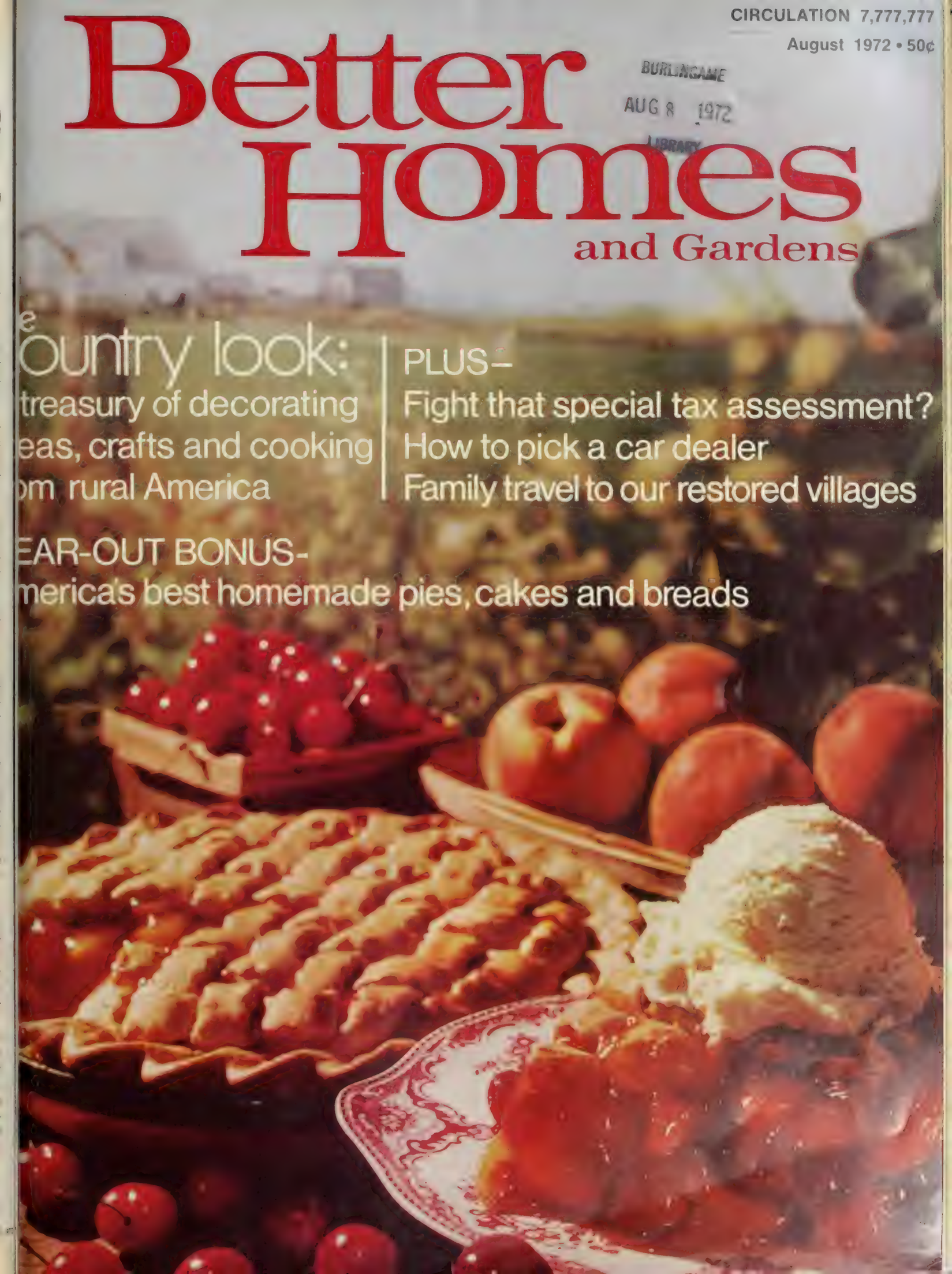
And perhaps these activities are just as meaningful a way to observe the nation's independence as was ours. Our children will remember these trips for a lifetime, and hopefully be aware of the nation in which freedom of movement is encouraged. Parades and speeches can always dramatize our freedoms, but nothing beats practicing them.

Burton Hillis

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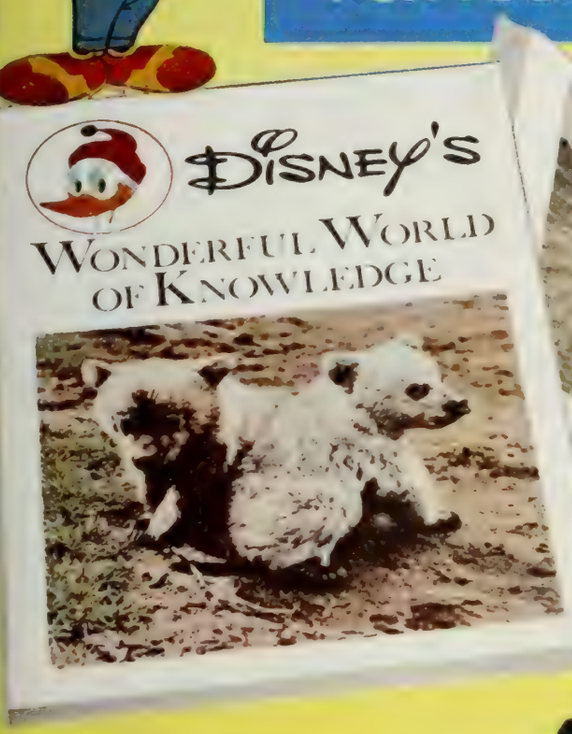
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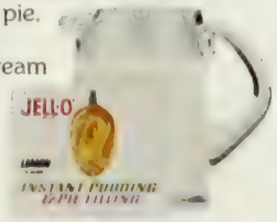


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1 package (3-3/4 oz.) Jell-O® Lemon or Vanilla Instant Pudding & Pie Filling

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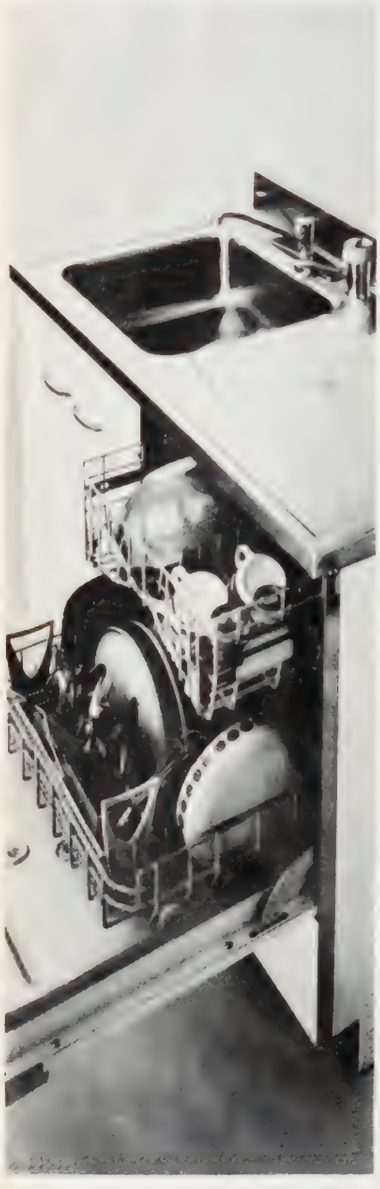


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Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Marca Registrada en Mexico, Marca Registrada en Cuba. Trademark registered in Canada. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions.

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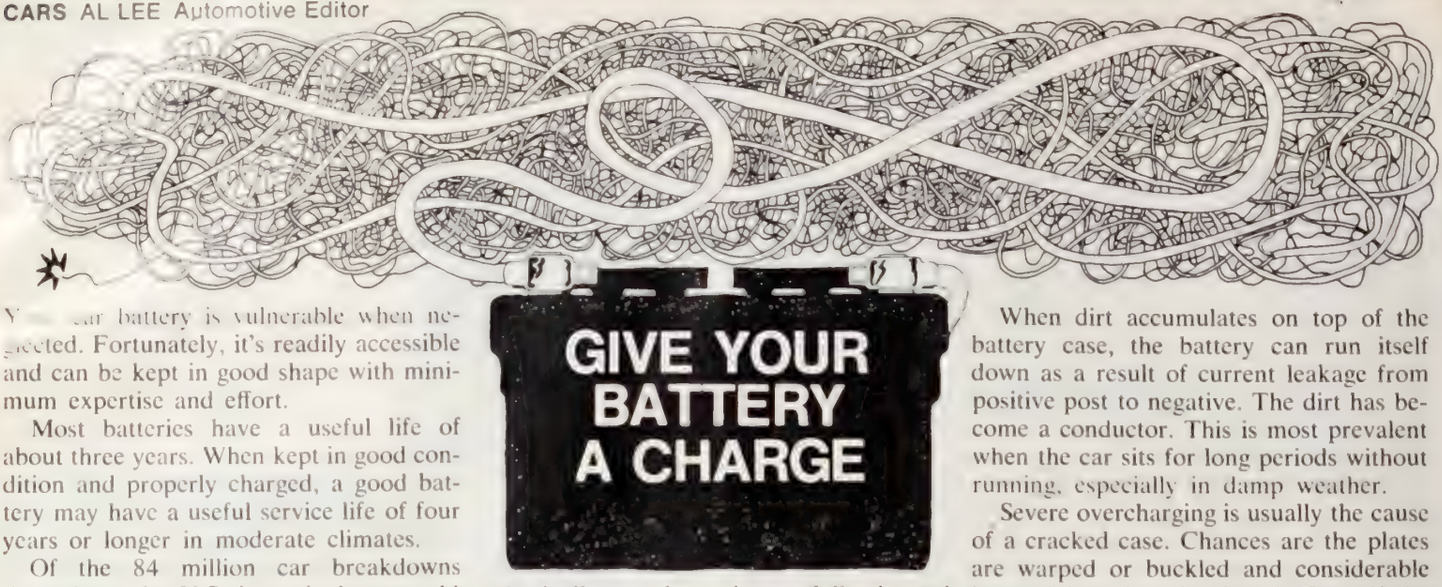
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CARS AL LEE Automotive Editor



Your car battery is vulnerable when neglected. Fortunately, it's readily accessible and can be kept in good shape with minimum expertise and effort.

Most batteries have a useful life of about three years. When kept in good condition and properly charged, a good battery may have a useful service life of four years or longer in moderate climates.

Of the 84 million car breakdowns throughout the U.S. in a single year, 44 percent are caused by battery, starter, and ignition trouble. Usually the battery is blamed for the difficulty, but surveys show that the battery often has been run down by the frustrated driver's attempts to start a balky engine. Worn spark plugs or points, inoperative choke, or carburetor troubles often are the culprits.

Frequently the battery is weak because of some deficiency in the charging system, or a bad alternator or voltage regulator. Poor connections, such as corroded terminals, also can produce symptoms similar to those of a dead battery. Before condemning the battery, it's important to consider all the possibilities.

To get maximum life from your battery, the following measures are essential:

1. Keep electrolyte up to level at all times (with distilled or mineral-free water).
2. Be sure the battery is kept fully charged. Operation in a partially discharged condition is harmful to the plates.
3. Keep terminals and other connections clean and tight.
4. Keep the battery case exterior clean.
5. Be sure the battery carrier and hold-down are in good condition and adjusted.
6. Keep vent holes in caps unplugged.

How to test the battery

The simplest and most dependable do-it-yourself check on a battery's condition is a specific gravity test with a hydrometer. You can buy a very basic hydrometer for as little as $1.50. The more sophisticated models provide more direct and accurate readings, but for home use a cheap hydrometer will suffice.

A fully charged 12-volt battery normally has a specific gravity of 1.260 at room temperature. If all the cells in your battery test to that level and the case is physically sound, you have a fully charged and serviceable battery. If there is a variation of 50 points (.050) or more between cells, you have a bad cell and probably would do well to replace the battery before it lets you down.

A point to remember about battery output: a battery that has its full power at 80 degrees will have dropped to 65 percent of its power at 32 degrees; when the thermometer hits zero, the battery will have only 40 percent left.

Since the starting load is heavier when the temperature drops, it pays to keep the battery up to snuff. If your hydrometer check shows a reading of 1.220 or less, recharging is probably necessary.

This might be the occasion to buy a charger for use at home. These run from under $10 for a three-ampere unit to $30 or more for ones that offer 10 amp. output, automatic cutoff (to protect against overcharging), and solid-state circuitry.

A small battery charger and hydrometer are good investments because you can quickly and conveniently determine the efficiency of your battery and charging circuit, and do something about it if your battery is weak.

If your battery needs water too frequently or doesn't stay up to full charge, have the alternator and voltage regulator checked. If your low-charging battery is two years old, get a new one.

Dirt, Cracks, and Corrosion

Corrosion built up between the battery post and the terminal clamp will form insulation that cuts off the flow of current. This condition will be most noticeable when you start the car, since the starter creates the greatest current draw of any accessory. The symptoms will be similar to those of a weak battery.

When dirt accumulates on top of the battery case, the battery can run itself down as a result of current leakage from positive post to negative. The dirt has become a conductor. This is most prevalent when the car sits for long periods without running, especially in damp weather.

Severe overcharging is usually the cause of a cracked case. Chances are the plates are warped or buckled and considerable internal heat has developed. Even if the battery hasn't begun to show signs of failure, have it checked out by a mechanic with a good tester; you're probably due for a new battery.

Baking soda is the solution

To clean the clamps, first loosen the nuts, then spread the clamp and work it off the post with pliers. Avoid excessive force and be careful not to press too hard against the battery case, should you decide to pry the clamp off.

If the clamps and posts are heavily corroded, it may be necessary first to remove the accumulation with a wire brush and a mild solution of baking soda. Make sure baking soda doesn't get into the cells. Baking soda is alkaline; battery electrolyte is acid. They don't mix.

Use a penknife to scrape the inside of the clamp; then polish it off with sandpaper. Do the same to the posts on the battery, making sure all foreign matter is removed after cleaning.

The best way to clean the battery case is with detergent and water. Make sure the caps are securely in place and vent holes plugged. Rinse off with clear water and dry the surface.

When replacing the clamps, tap them gently onto their posts to be sure the connection is solid; then tighten the bolts. Minimize future corrosion by coating the clamps and posts with grease or spraying them with corrosion inhibitors.

Take special care when handling a battery. If you should spill some acid on yourself, your clothing, or your car, flush the acid off at once with water, then with baking soda solution. And don't bring a lighted cigarette or open flame near the cells when you're charging the battery—it's giving off explosive gases then.

How to pick a car dealer

Whether you're in the market for a new Lincoln or a used Studebaker, the deal you get will only be as good as the dealer you pick. But how do you tell the good dealers from the charlatans? If there were a simple answer, there wouldn't be any charlatans left. But there are obvious signs of dealer dependability—or the lack of it.

- Good dealers enjoy a favorable word-of-mouth reputation in their communities. When people are pleased with everything—sales, service, and price—they're inclined to talk about it. Customers are equally inclined to spread the word when they're dissatisfied. Ask around.
- Advertising should be in good taste, featuring realistic prices and stressing the

Continued on page 115



Ivory Liquid
elps keep hands
young looking.



"I'm the thirty-year-old and have two children," says Mrs. Georgene Kovner on the right. "I think hands can really give away your age," she says. "That's why I take care of mine in many ways. I never wash dishes with anything but Ivory Liquid. It's so mild. I honestly do believe it helps my hands stay young looking."





Dentu-Creme® is for dentures.
Maybe that's why more dentists recommend it for brushing dentures than all other brands of toothpaste combined.*

Dentu·Creme

*Based on results of a recent nationwide survey of dentists conducted by A. C. Nielsen Co.

How to be Savvy about Sleeping bag

You'll spend a little more than a third of your next camping vacation in the sack. Whether you get a good night's sleep or spend eight hours tossing and turning, shivering, or sweating depends on the quality of your sleeping bag. Here are the basic facts to help you choose a sleeping bag as comfortable as your bed at home

Insulation

A sleeping bag generates no heat; your body does. The insulation used in the sleeping bag must keep that heat close to your body. The value of insulation comes not from the material itself, but from the amount of "dead air spaces" between the fibers. These spaces keep heat from passing through the bag. Obviously, a very fluffy insulating material has more dead air spaces than does a tightly woven material.

But, there are limitations. Even if your camping trips never take you more than a few steps from your car, it's essential that your sleeping bag be portable and compact. When the bag is unrolled, the insulation should spring back to maximum thickness after being compressed tightly. Several materials meet this requirement.

Prime northern goose down is the best insulating material available for sleeping bags. It can be compressed very tightly, yet expands in enormous proportion to its packed size. It also breathes very well so body moisture evaporates freely.

Down does have its faults, however. Since it's so easily compressed, those places where your body compresses the bag against the ground lose their insulating properties. A good pad beneath the bag is essential for a warm night's sleep. And down is extremely expensive. A good bag will cost from $60 to over $150.

Dacron polyester approaches down in expandability and insulating quality. It takes just a little more Dacron to provide the same warmth as down. However, Dacron lacks down's high compressibility ratio, so a Dacron bag can't be rolled into as compact a bundle. But unless your family spends a great deal of time camping in the Arctic or at high altitudes, it's probably the best choice. A Dacron sleeping bag of the same construction as a down bag costs less than half as much; about $25 to $4

Urethane plastic foam is being used in several newer bags and it's an excellent insulator. Unfortunately, the foam has very low compressibility rating so the rolled bag is quite bulky

Acetate, kapok and several other insulators are used in inexpensive bags. All probably are adequate where the temperature won't dip below 50 degrees, but who's guaranteed of such perfect camping weather? In the long run you're better off investing in a quality bag.

Construction

A big factor in the bag's warmth is how the insulation is held in place to keep it from shifting



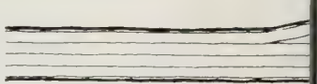
As a rule, avoid all bags with sewn-through seams. Where the stitches go all the way through, the cold will follow. The diagrams show the various



Inverted V-Tube



Overlapping Tube



Bonded Fiber

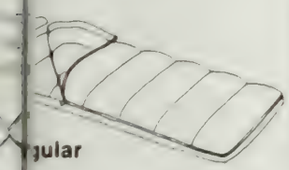


Urethane Foam

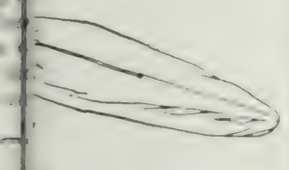
ways manufacturers keep drafts. Each manufacturer a name for his method; one as good as another. The exception is the bag insulated with either bats of bonded synthetic insulator or foam insulation. These bags will have no seams at all.

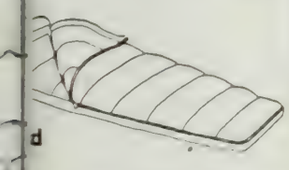
The sleeping bag's outer cover serves to protect the insulating material. It's not designed to protect you from the elements so don't be fooled into buying a bag that's waterproof—e

bottom. If the bag will
isture out, you can be
ill keep your own body
in.
ner lining of a sleeping
rgely a matter of per-
eference. Each material
luses and minuses. Cot-
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really is inviting on a
ning after a busy day.
hard to keep clean.
r rayon linings shed dirt,
e slipping in and out of
easy, but they can feel
en you first get in. Per-
best advice is to invest
emovable cotton liner.
's dirty, simply wash it
ould a sheet.



gular





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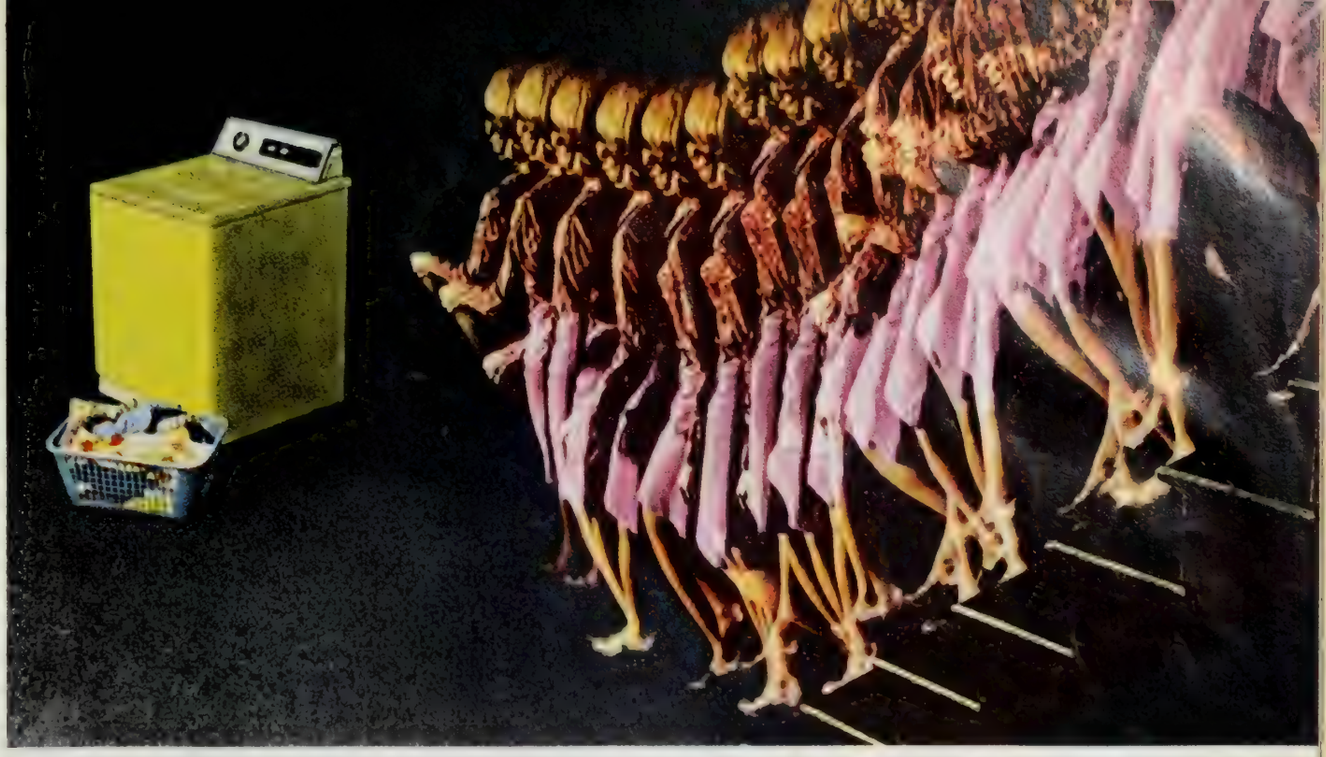
ing bags come in three
apes; rectangular, mum-
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is most popular because
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kpacker and the moun-
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pactly as the mummy bag,
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ping bag zippers should
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marine brass zippers are
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ey have two drawbacks:
require occasional lubri-
and they can be awfully
the touch. Nylon zippers
need lubrication, and they
eel cold. And make cer-
e bag has a weather strip
ep drafts from sifting
h the zipper.

The shape of the sleeping bag generally dictates the length of the zipper. If you purchase a rectangular or tapered bag, make sure that the zipper extends all the way down the side and across the bottom so you can open the bag flat for airing each morning. Also, you can fasten together two bags with wrap-around zippers to make a double bag.

Mummy bags generally have a zipper extending up the center of the bag. Most are just half the length of the bag, so you can't zip two bags together, and you must turn them inside-out for airing. However, some newer mummy bags have zippers ex-

Continued on page 86



Why is this woman hurrying back to catch the rinse cycle?

Doesn't she know new **Rain Barrel** softens in the wash cycle?

Rain Barrel goes in right at the beginning of your wash. Softens in the wash cycle.

So there's no need to go back to your washer. No need to bother with the rinse cycle at all.

You see, Rain Barrel fabric softener has a formula that's truly unique. A formula that makes it compatible with detergents. With all kinds of detergents.

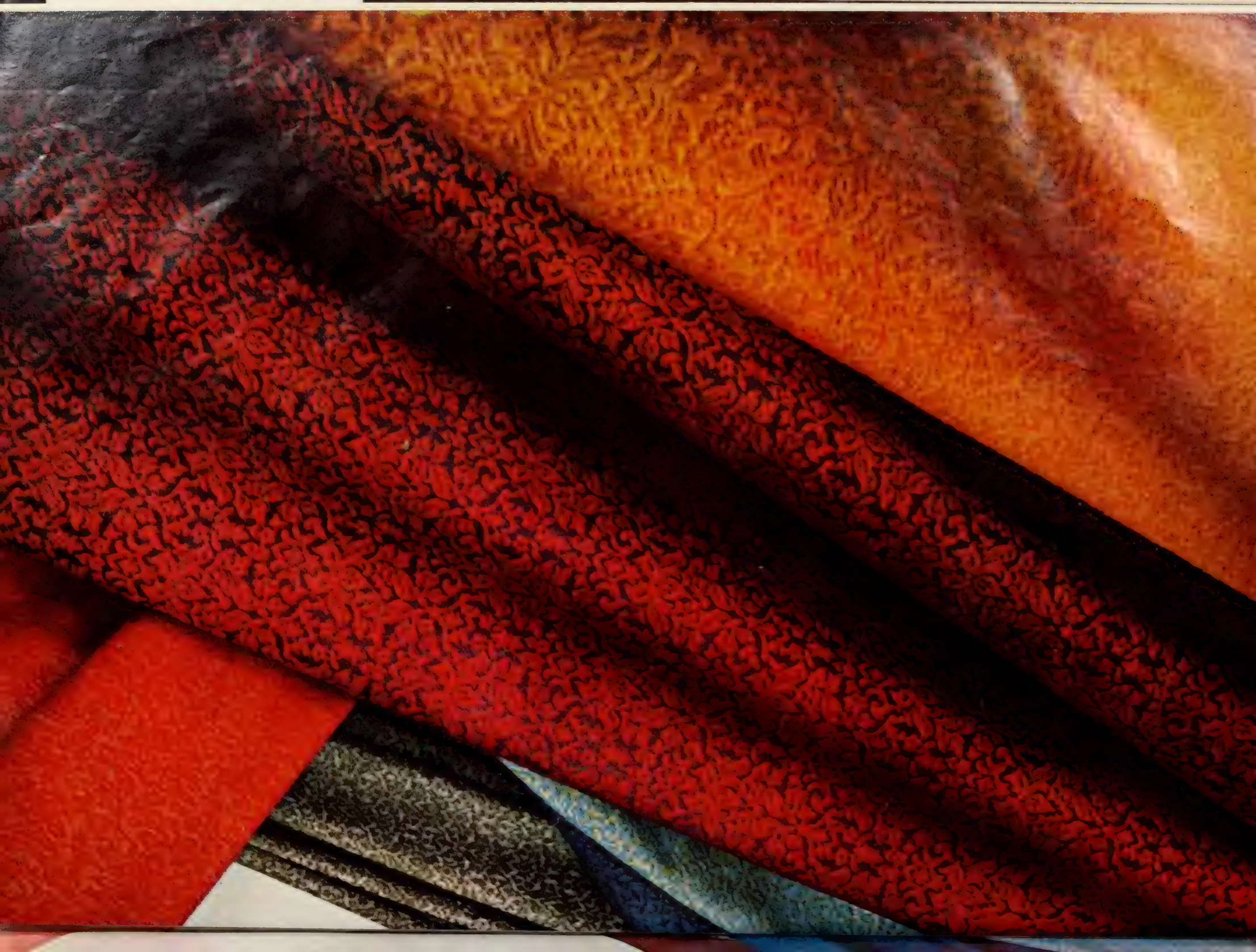
And when Rain Barrel goes in, everything comes out feeling rainwater soft . . . smelling rainwater fresh.

Try it once and you'll probably never go back to your rinse-cycle softener.

Rain Barrel™
new from Johnson



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Sears Petit Plume draperies and bedspreads.

Rich damask that needs no ironing!

It all started in a French museum. Sears saw a beautiful Napoleonic fabric. So we had the rich damask pattern re-created for your windows.

You loved the modern improvements too. Thermalgard backing for insulation. Perma-Prest® fabric you can machine wash, tumble dry — with no ironing needed.

You loved it a lot. In fact, you made it one of America's favorite draperies.

So now we're giving you Petit Plume in bedspreads too. The same 14 great colors. The same great Perma-Prest fabric. All that's been added is a deep fringe border And matching shorty draperies.

Petit Plume. At most larger Sears, Roebuck and Co. stores, and the catalog.

Only at Sears



Enrich Your Life by Enriching Your Skin

It's certainly no secret that when you're doing wonderful things for your complexion, you gain an extra glow and radiance simply from knowing you're treating yourself beautifully. Just realizing that you're helping to keep signs of age at bay makes you feel relaxed and at peace with yourself, a happy state of mind that makes you look even younger.

But a secret you may not know is the regular use of Olay Vitalizing Night Cream, a secret discovered by lovely, youthful-looking women all over the world. You may easily join this group of international beauties, enjoying the very same skin-beautifying ritual every single night of your life. Gently, lavishly swirl on the vitalizing cream just before retiring. The sleeping hours when your body is relaxed and receptive are particularly convenient to skin enrichment. So it is during this nocturnal quiet that you should allow this remarkable blend of tropical moist oils and soothing unguents to soothe away the dryness that accentuates wrinkles.

Almost every woman experiences a degree of skin dryness after the age of twenty-five, and each additional year the need to neutralize the ever-increasing dryness grows more urgent. This is especially true if your complexion is exposed to excessive sun or wind or sudden, shocking changes in climate or temperature.

Olay Vitalizing Night Cream begins its good work almost immediately. With the famous Oil of Olay® moisturizing lotion, containing tropical moist oils as its base, it soon starts to provide your dry skin with beautifying benefits. The vitalizing cream provides an especially effective barrier to help retain the skin's own moisture, so essential for excessively dry skin, a secret that beautiful women around the world have long known.

Hints for Special Beauty Care

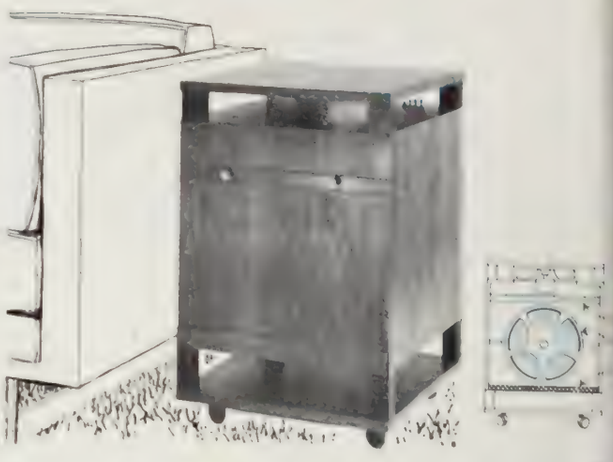
Restful relaxation can do much to make you look and feel younger and more vital. At least once or twice a week, smooth Olay Vitalizing Night Cream onto your face and throat, using delicate upward strokes. Then lie down for half an hour, with your feet elevated. You will return from your brief "vacation from life" renewed and refreshed.

* * *

Never underestimate the contribution of nightly massage to muscle tone and firmness. Olay® Vitalizing Night Cream makes this beauty treatment simpler and more enjoyable. Apply the cream gently, in upward motions, to your face and neck. Do not ignore areas where age signs show themselves first. Pat the cream around the eyes, working it in with feather-light strokes from the outer to inner edges over the lids. And pay particular attention to the little furrows between the nose and mouth, again using gentle upward motions to help ease away the dryness that accentuates those tiny lines.

good news!

DOUGLAS M. LIDSTER
New Products Editor



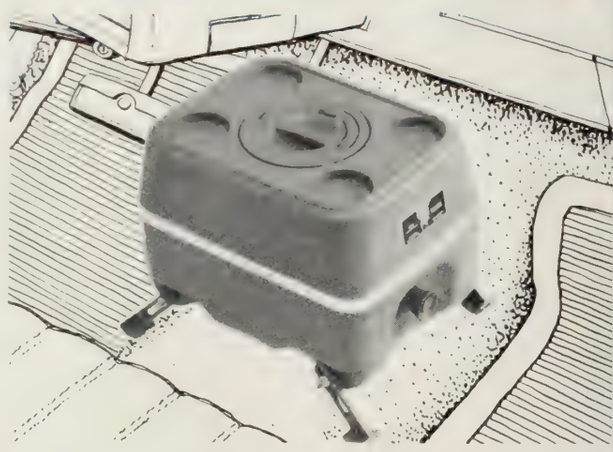
Breathe cleaner air

An electrostatic precipitator doesn't have to look like a cumbersome piece of industrial equipment. Covered with a genuine walnut veneer, this sleek model makes such a great end table that no one would ever suspect it's anything else.

In fact, the unit requires so little attention, you may even forget it's hard at work removing almost all the airborne contaminants from your house. Dirt collected from the air is automatically deposited in a drawer. There's no washing, scrubbing, or contact with dirty parts.

As air flows through the unit, it is cleaned three different ways. First, a urethane foam filter strip traps lint, hair, and ashes from the air. Then the rotating electrostatic collecting station attracts pollen, bacteria, dust, and smoke; special brushes wipe dirt off the plates and deposit it in the removable drawer. And last, an activated charcoal filter removes odors and returns the thoroughly cleaned air to the room.

Flowtron Electra, $199.95 in housewares departments. Flowtron; Inc., 24 Munroe Street, Newtonville, Mass.



Car console beverage dispenser

Contoured to fit the hump on the floor of your car, this car console dispenses one gallon of your favorite beverage —and keeps it hot or cold all day long. The legs adjust to fit the hump in almost all cars. The push-button spout is recessed to prevent accidental dispensing.

Humper Car Console, $10 in housewares departments. Protect-o-Lite Manufacturing, Div. of Plattner Industries, Inc., P. O. Box 378, Ottawa, Kansas 66067.

Continued

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Will bring your youngster fun galore!
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How much pleasure books can be!



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ut Charlie Brown and his touching
ality to the boys, girls and Snoopy.
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A CHARLIE BROWN CHRISTMAS Your youngster will love this charming book in which Charlie Brown, feeling that he doesn't quite understand Christmas, searches for its true meaning. Publisher's price $2.95

HE'S YOUR DOG, CHARLIE BROWN An endearing and amusing story about how Charlie Brown seeks to discipline his dog Snoopy, and how Snoopy learns his lesson and promises to be good. Publisher's price $2.95

BEAUTIFUL, FULL-COLOR, HARD-BOUND CHARLIE BROWN BOOKS!

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others and fathers frankly acknowledge that they haven't
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why parents are happily turning this problem over to the
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Child's Name..... Age..... Boy ☐ Girl ☐
(PLEASE PRINT)

Address.....

City & State..... Zip Code.....

Signature of Parent or Donor.....

Canadian orders will be shipped from Canada for a slightly higher price.

How Rosie stops germs cold.



She disinfects her refrigerator with Clorox®... makes it smell clean and fresh.

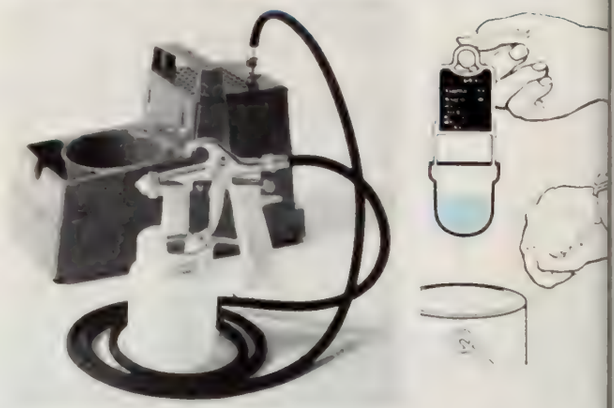
If there's one place Rosie doesn't want germs it's in her refrigerator. So here's what she does: first she washes the inside, then wipes with a solution of ¾ cup Clorox to each gallon of warm water. After rinsing, she drys it; lets it air for 30 minutes. Now it smells clean and fresh, because a good liquid bleach like Clorox kills more viruses and bacteria than any other type of household disinfectant.



CLOROX **It does more than the wash.**

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good news! Continued



Homeowner's paint sprayer

Too few do-it-yourselfers take advantage of sprayers fo household painting projects. Yet spraying is as easy a using a brush; the sprayer leaves no brush marks an reaches where bristles can't.

For convenience and performance, this homeowner' spray system is hard to beat. The spray gun, eight-foo hose, and cord all store in the high-impact plastic com pressor housing.

To get your paint the right consistency, you'll find viscosimeter handy. Just dip it into paint, time it as it run through the hole in the bottom, and thin accordingly. A handy chart printed on the handle gives drip-time fo various paints and varnishes.

Sprayit 120, $39.95, viscosimeter, $1.45 in paint depts Thomas Industries, Inc., Paint Applicator Div., P. O Box 1058, Johnson City, Tenn. 37601.



Silent air conditioning

There is a way to cool your home without the expense o central air conditioning—or the inconvenience of a win dow unit. It's a remote system combining the better fea tures of both systems, and you can install it yourself.

As with a central air conditioning system, the conden ser sits on a slab outside your home. There's no nois or vibration inside. But unlike central air, there's no duc work. Precharged refrigerant lines run through your wa to an evaporator unit on the inside wall.

Comfort-Aire in three cooling capacities from 6,00 to 15,500 Btu's, $240 to $385 in appliance department Heat Controller, Inc., 1900 Wellworth Ave., Jackson Mich. 49203.

Contin



Welcome to the beltless, pinless, fussless generation!

Welcome to New Freedom fussless napkins. **No belts or pins.** Just press napkin's adhesive backing onto any snug-fitting undergarment and it stays—never twists or slips. **No bulging.** The tabs are gone. **No compromise.** You still get all that Kotex napkin protection **No disposal problems**—you just flush them away. All this puts New Freedom a generation ahead of the napkin you're now using. Catch up

New Freedom®

Beltless, pinless napkins by Kotex®

FEMININITY TODAY FROM KIMBERLY-CLARK

Feminine Sprays vs. Norforms

(Or, a spray a day can't keep internal odor away!)

7:36

Before dressing for work, you use a feminine spray. That takes care of odor...you hope!

7:36

Today, you try Norforms.* The Internal Deodorant. It contains no hexachlorophene.

8:22

You're running late. Oh, oh... what's that unclean feeling? You don't feel so fresh any more.

8:22

Feeling fresh. Unlike sprays, Norforms work inside to stop internal odor where it starts.

9:14

Look at that clock! You can't believe it. Could feminine odor be starting so soon?

9:14

Just one Norforms can stop odor up to 10 full hours. They're safely, easily inserted, too.

11:07

Work and worry. You begin to suspect sprays may stop external odor but not the odor that starts internally.

11:07

Doctor-tested Norforms will keep you feeling fresh and worry-free for hours and hours...

12:01

Bad news and new worry. You just heard your spray may have hexachlorophene.

12:03

Put the spray away. Now... where can I buy Norforms?



Stops internal odor no spray can reach!

FREE BOOKLET: "Answers to Questions Women Ask Most Often." Write: Norwich Pharmacal Co., Dept BH-208, Norwich, N.Y. 13815

Name_____

Street_____

City_____

State_____ Zip_____

Don't forget your zip code.

np® Norwich Products Division, The Norwich Pharmacal Co.

good news! *Continued*





Insulated food carrier

If cooking over an open fire is not your idea of a picnic, and your family rebels at a steady diet of sandwiches and cold potato salad, here's the answer. This carrier lets you prepare warm, hearty meals at home and take them along on your next outdoor adventure. You'll be able to serve up heartier meals, and you'll have more time to enjoy your outing.

Put each separate course in its individual compartment, stack the compartments, then lock the bail-type handle in place. The bottom of each container is a leakproof top for the container beneath it. Slip the stack of food containers into the insulated carrying bag, and you'll have hot meals awaiting your family when you arrive at your favorite picnic ground.

Even if you do like to cook outdoors, or your family actually prefers cold meals, the kit still has its place. The bottom compartment may be used as a skillet, and the carrying bag keeps food cold as well as it keeps it warm.

Picnic Pack Aluminum Food Carrier, $13.45 with insulated tote bag, $9.95 for kit only in housewares departments. Regalware, Inc., Kewaskum, Wis. 53040.



A Dial shower keeps you fresh all day long. Because Dial works, from morning to night, to get rid of bacteria that cause odor.

Aren't you glad you use Dial! Don't you wish everybody did?



Old myths and new facts about alcoholism

In the past, an alcoholic usually got censure instead of help; today he is viewed as the victim of a disease. The change came about through renewed efforts to understand his complex problem. And with greater understanding has come the opportunity to clear away the cloud of misconception that obscured the true nature of alcoholism—and condemned him in the first place.

Each of the following statements in heavy black type is a common misconception about alcoholism. After each statement, we supply the medical facts.

☐ **Most alcoholics are on skid row**

No. Though the word "alcoholic" sometimes brings to mind a reeling, rheumy-eyed derelict, few alcoholics actually fit the description. According to recent calculations, 95 to 97 percent of our alcoholic population are *not* found staggering down dingy streets or huddled in dark doorways, but leading responsible lives in respectable communities. As a group, they're indistinguishable, representing both sexes, a variety of ages, and every race, creed, and calling. As individuals, most of them meet the criteria of middle-class America; they're married, have nice homes, raise a couple of kids or more, live with their families, and go to work or keep house. In numbers, they add up to an estimated nine million.

☐ **Alcoholics can stop drinking if they really want to**

The alcoholic has gained an undeserved reputation for being a weak-willed person who drinks because he likes to. In the light of what is known about alcoholism, the strength of his resolve has little to do with the compulsion to drink, and he would crave alcohol even if he disliked the taste of liquor.

According to leading authorities on the subject, alcoholism is a form of drug addiction and, like other forms involves changes in the chemistry of the body that lead to physical dependence. On withdrawal, the alcoholic becomes subject to real, not imagined, pain. Depending on how advanced his case is, he can be subjected to a nightmarish range of discomfort such as: extreme nervousness, night "sweats," leg and arm cramps, stomach pains, nausea, dizziness, uncontrollable trembling, hallucinations, convulsive seizures similar to epileptic attacks, and delirium tremens which can be fatal if untreated. Considering that relief comes with alcohol, one can readily understand why an alcoholic would be unable to simply "stop drinking" without help.

An equally difficult problem is the alcoholic's psychological dependence. He feels an overwhelming *need* to drink in order to cope with his problems, even though he knows that his drinking may have destructive consequences on his health, job, arrest record, marriage, and family.

☐ **Alcoholics don't want to be helped**

While authorities concede that the alcoholic seems to be singularly help-resistant, they do not interpret this as a sign that he doesn't want help. They attribute it instead to an underlying tendency to deny his condition by failing, or refusing, to recognize alcoholism in himself. Many more alcoholics, they say, would seek help if the stigma attached to the disease were removed, and the alcoholic could openly admit to his problem without risking scorn and reproof.

Authorities also agree that at some level of understanding all alcoholics are aware of the destruction in their lives. In many cases, alcoholics become help resistant because they've been subtly (or not so subtly) rejected by people who should have helped them in the past, or because efforts to help them have not been particularly well tailored to their needs.

☐ **Women rarely become alcoholics**

Current statistics indicate that nearly two million women are alcoholics, dispelling the notion that an alcoholic woman is a rarity. And while these statistics show that four or five times as many men as women are alcoholics, not all authorities are convinced the reading is dependable. Some, in fact, maintain that the incidence of alcoholism may well be just as high among women as it is among men, but that intensified efforts to protect female problem drinkers against exposure lowers the probability of detection. Also, men usually feel less need, and have less opportunity, to drink unobserved, making it more difficult for them to keep alcohol addiction a secret.

☐ **Alcoholics drink to escape reality**

It isn't so. Saying that an alcoholic drinks to escape reality implies that he sets out to drink himself into a state of oblivion, where his problems can't reach him. Actually, what he's looking for is a way to cope with, not to escape from, reality. If he looks for it in drinking, it's because alcohol has an anesthetic effect and dulls the sensibilities. By depressing the brain's nerve centers it not only takes the edge off physical pain, fatigue, and emotional stress, but seems to cancel out inhibiting personal characteristics—self-consciousness and timidity, for example—that might otherwise act as a barrier in dealing with everyday tensions and situations. His motive in drinking, in other words, is not basically different from that of the estimated 86 million Americans who drink and don't have any problem with it.

☐ **Heavy drinkers are alcoholics**

Not necessarily. Many authorities feel two main distinctions can be made between heavy drinking and alcoholic drinking. First, the alcoholic builds up a tolerance to alcohol, which means that his capacity for alcohol increases and it constantly takes more alcohol to have an effect on him. In the heavy drinker, the same amount of alcohol generally produces the same effect: if he drinks more than he usually does, he is affected more. Second, someone who is a heavy drinker and not alcoholic can choose where, when, how much, and with whom he drinks; he can drink or not, as he likes. In short, he has control over his drinking. With the alcoholic, it's the other way around.

Some experts, however, feel such definitions may be too narrow. Dr. Morris E. Chafetz, director of the new National Institute on Alcohol Abuse and Alcoholism, says "Alcohol abuse, in one sense, is present any time a person becomes drunk. And repeated episodes of intoxication or heavy drinking which impairs health—or the consistent use of alcohol as a coping mechanism in dealing with the problems of life to a degree of serious interference with an individual's effectiveness on the job, at home, in the community, or behind the wheel of a car—is alcohol abuse, and may raise the strong suggestion of alcoholism."

☐ **Alcoholism strikes without warning**

Not really. Experts consider the prodromal, or early, stage of alcoholism a time of warning before the actual onset of the disease. It is a period when a person continues to function, at least outwardly, as he always has, but displays signs of psychological dependence on alcohol, such as the following:

■ He tends to drink on "signal": before starting the day's work, with lunch, after dinner, at bedtime; when he's bored, when he's keyed up, when he's tired, when he's upset, when he's elated.

■ He always drinks more than his com-

Continued on page 84

General Electric Ranges with Total-Clean™ Ovens lean parts of an oven others expect you to clean.



ll ovens that claimed to clean mselves aren't created equal. at's the difference? One works heat. While the other, called tinuous cleaning," depends upon ark-colored porous enamel. This ous surface is designed to soak splatter and grease as you use oven. But since many parts of oven can't be made with this ous finish, you're expected to d a hand.

he General Electric Total-Clean -cleaning system is completely omatic. It cleans the entire oven erior. All you do is latch the door l set the control. Spills, greasy ts and oven soil are decomposed the heat. General Electric neered the Pyrolytic self-cleaning n, so it's probably no surprise t we have the largest selection Total-Clean Ovens.

P-7 plus double ovens

The J797 Americana.® The ver oven has the P-7® Total- an System. Removable nels and shelves in the per oven can be cleaned in P-7 Lower oven. Other tures include: dependable id-state oven temperature ntrol, Sensi-Temp™ auto- tic surface unit with iddle, automatic rotisserie, eat thermometer, infinite at surface units, two pic- e window doors. Available Harvest, Avocado or White.

P-7 free-standing models

The J757 is a free-standing 30" model. In addition to the P-7 Total-Clean Oven, you get a solid-state oven temperature control, no-drip cook-top, with Sensi-Temp automatic surface unit and griddle, automatic rotisserie, meat thermometer, infinite heat surface units and picture window oven door. Available in Harvest, Avocado or White.

P-7 top and bottom wall ovens

The JK29 is a 27" built-in double-oven with two Total-Clean Ovens. Other features: dependable solid-state oven temperature control, picture window door in both ovens, easy-set oven timer, rotisserie, and automatic meat thermometer. Counter top surface units with matching exhaust hoods are available. All in Harvest, Avocado or White.



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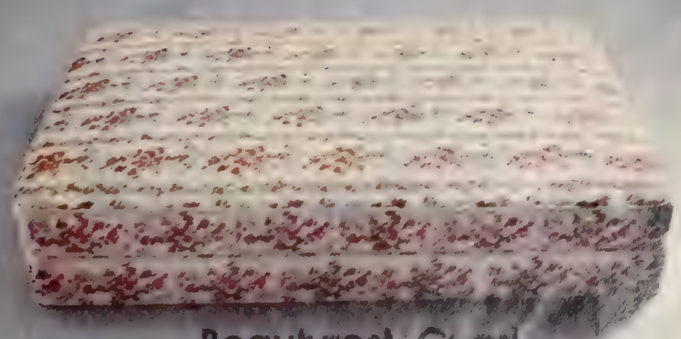
A. Golden Value Firm $55
Normal firmness with extra-heavy Comfortex cushioning, exclusive Adjusto-Rest™ coils. Mattress or Boxspring: Twin or Double, $55; Queen Set, $159.95; 3-Pc. King Set, $229.95.

B. 102nd Anniversary Deluxe. $77
Extra firm Adjusto-Rest coils, luxuriously deep quilting. A jumbo 7 inches thick for extra comfort. Mattress or Boxspring: Twin or Double, $77; Queen Set, $199.95; 3-Pc. King Set, $289.95.
All prices are manufacturer's suggested

Simmons
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d Anniversary $66
firm with Sim-Guard edges. Sani-Seal protected . Mattress or Boxspring: Twin or Double, $66; Queen Set, $179.95; King Set, $259.95.



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How can you get insurance against crime?

If you live in an urban, high-crime area, chances are it's become more difficult to get adequate burglary and robbery insurance. In fact, many homeowners and businessmen in such places have found such coverage virtually unobtainable.

Now, thanks to the Federal Crime Insurance Program, there's help for people in the District of Columbia, plus nine states where the lack of available crime insurance was critical. A few other states have devised their own crime insurance. These plans haven't been publicized, but your agent or state insurance commissioner's office can give you details.

• Are you eligible for the federal program?

Yes, if you are a *resident* of Connecticut, Massachusetts, Missouri, New York, Ohio, Rhode Island, Illinois, Maryland, Pennsylvania, or Washington, D.C. It makes no difference whether you live in an apartment in the middle of the city or a house in the suburbs.

• Can you insure your business?

Any business of any size is eligible, whether in the city or in the country in these areas. Commercial insurance premiums are determined partially by the amount of your gross receipts. The larger the amount, the larger the premium. A very large business—say, grossing a million dollars or more per year—would probably pay less for insurance through a private company.

• What are the advantages?

Your policy will not be canceled or refused renewal regardless of the number of claims. You pay relatively low premiums for good coverage. Premium rates are fixed within certain categories. And you can buy this insurance through any licensed agent or broker in an eligible state.

• What does the policy cover?

There are two kinds of coverage—robbery and burglary. For your residence, you get both. For your business, you can choose one or the other or both.

Robbery. This means a hold-up or theft of property that you actually observe.

Burglary. In this case, your home or business is unoccupied, and someone breaks in and steals something. To collect, there must be visible signs of breaking and entering.

• How much coverage can you get?

Residents can get from $1,000 to $5,000 worth of insurance; businessmen, from $1,000 to $15,000. You pay a yearly premium in two six-month installments. You are covered to the limit of your policy per claim, minus a deductible. For business, the deductible varies depending on the amount of gross receipts. With residential policies there is a $75 deductible, or five percent of the amount of the loss, whichever is greater.

• What does it cost?

For residential insurance in low-risk areas (largely rural), you pay $30 for $1,000 of insurance, $40 for $2,000, $50 for $3,000 and $60 for $5,000. In medium-risk areas—for example, Boston, Kansas City, Hartford, Philadelphia—you pay $40 for $1,000, $50 for $2,000, $60 for $3,000, and $70 for $5,000. In high-risk areas, such as New York, Washington, D.C., and Baltimore, you pay $50 for $1,000, $60 for $2,000, $70 for $3,000, and $80 for $5,000.

Business premiums and deductibles depend on location, type of business, and amount of gross receipts. You can get robbery insurance, or burglary insurance, or a combination plan that covers you for both. For example, a medium-risk business (say a drugstore) in a medium-risk area grossing from $50-999,999 per year would pay $200 for $1,000 of burglary and robbery insurance, $120 for just robbery, and $100 for just burglary. Rates increase for higher coverage, but on a percentage basis.

• What requirements must you meet?

If you're a resident, almost any commercially sold penetration-type lock qualifies. In the case of burglary, visible signs of entry must be present. You can get a policy without inspection, but your locks will be inspected at the time of your claim.

If you're a businessman and insured for robbery only, no locks or protective devices are required. For burglary insurance, requirements vary, depending on the type of business and where it is located. You'll need dead-bolt locks and bars or grillwork over accessible openings such as windows (other than plate-glass storefront window). You may need a burglar alarm, too. Your broker will give you the standards.

• What about other states?

You can get crime insurance in a few other states, through state crime insurance programs. For example, California, New Jersey, Michigan, and Wisconsin have

Continued on page 76





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Wow! A little powder sure does a lot for an underarm spray.

PROOF: You can cut costs and still build the house you want

By Stephen Mead, Architectural Editor

One New England woman recently decided to beat the high-cost housing game by custom-planning her own home. The house at right shows how well she succeeded.

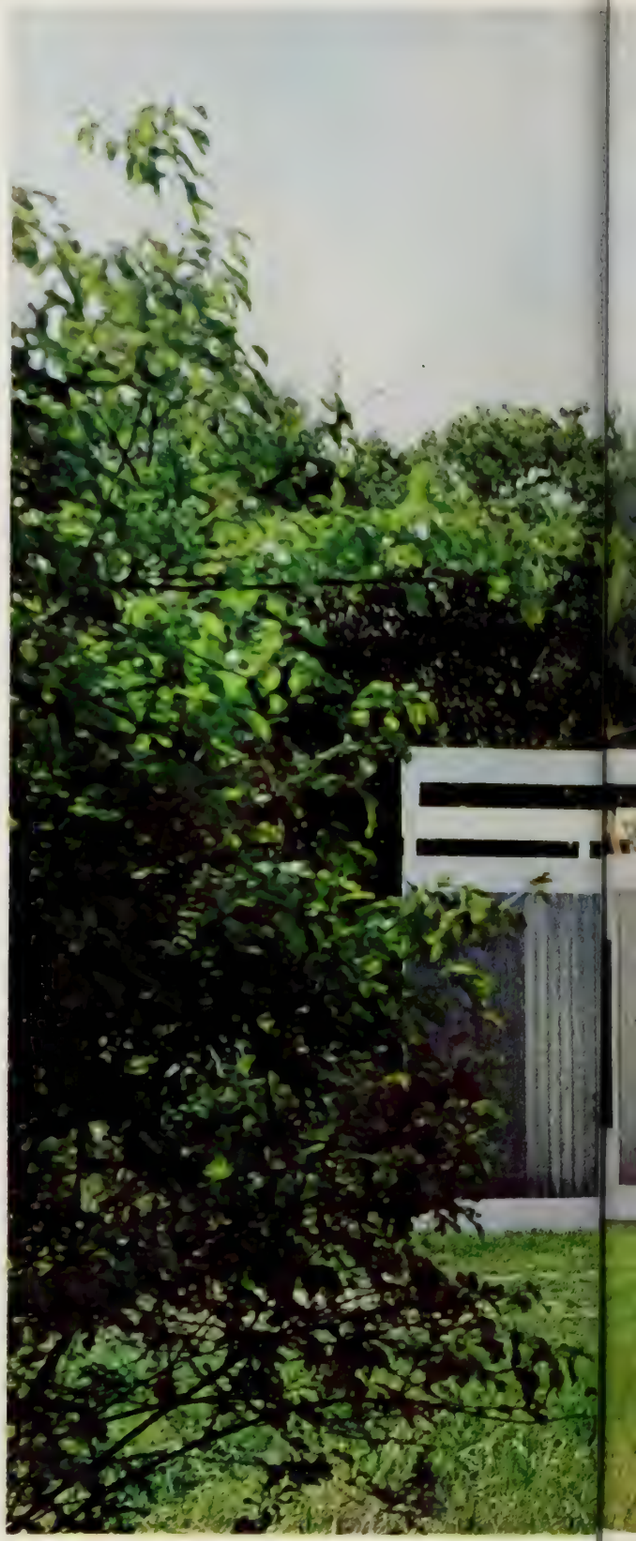
You might think she did it the hard way—but it's really not all that difficult to "plan it yourself." The important thing is to hire an architect who will help design your house within a comfortable budget. As a two-part planning team, you can juggle and compromise between what you'd like your house to be and what you can afford to pay. The prime advantage of this approach is knowing that you're getting just the right house—for both you and your pocketbook.

Before the Patricia Cumming family moved to their new home in Westport, Rhode Island, they lived in a comfortable Boston apartment. Mrs. Cumming, a widow, teaches at the Massachusetts Institute of Technology, while her two daughters, Julie, 13, and Susie, 12, go to school in Westport. The land Mrs. Cumming chose for their house is a sloping hillside lot, surrounded by bushes and oak trees. After she bought the land, she contacted architect Jack Williams who agreed to help design her house.

Teamwork on a budget

Before the actual planning began, Mrs. Cumming set forth four stipulations: the cost could not exceed $16,000; her house would have to have a good indoor/outdoor relationship; the girls' bedroom must have privacy; and the floor plan should easily adapt to future expansion.

Since the family budget wouldn't permit any large outlay for furnishings or decorative architectural detailing, Mrs. Cumming realized she'd have to rely heavily on budget decorations. Luckily, she had the help of a good friend, Bob Allen, a graphics and fabric designer. The house then became a three-way liaison between client, architect, and interior designer—all working to do the best they could within a limited budget.







Above left: Architect Jack Williams, designer Bob Allen, and Mrs. Patricia Cumming hold an on-site planning meeting to determine the best way to situate her house. Above right: Owner and architect confer on house plan details. Sessions like this helped assure that the house was tailored to Mrs. Cumming's needs and budget.

Saving the meadow grass

Since Jack Williams is both a residential and landscape architect, he took extra care to design and situate the house in relation to the land. He decided to leave the natural setting—bushes, meadow grass, and trees—in its original state. This would keep construction costs and future maintenance requirements to a minimum. Since the trees would obstruct the view from the first floor, Mrs. Cumming and the architect decided to build a two-story house with the main living areas on the upper floor. The family would then be able to look



from the deck on a beautiful 15-mile vista oss rolling hills to the Atlantic Ocean.

At first glance, you'd think the house was bigger n it really is. This is because it's positioned di- onally on the lot, permitting a full-length view. e L-shaped house is essentially a simple struc- e, since the architect wanted a straightforward sign without frills or wasted space.

nned economy

e 1,260-square-foot house is made up of only two tangular units—the living areas above, and the droom core below. To bypass the expense of a sement, the architect specified that the house put on a simple slab foundation. Further plan- g followed the same careful cost analysis—material expense versus increased livability.

The 12x25-foot deck above the bedrooms is an attractive bonus. To make the bedroom roof double as a deck, the architect merely surfaced the deck with a rubber-based chemical and added guardrails along the roof edges. At the end of the upper level you can see the wall-wide living room window, which supplies plenty of light inside and a good view outside.

Because the exterior of the house is made of standard materials, readily available stock could be bought on a volume basis—a big saving in time and money. The architect saved the Cummings even more by using simple cedar plywood siding and a wide board trim for the exterior.

The living room end of the upper level rests on a concrete block box which doubles as a sidewall for the carport and as a 5½x10½ outdoor storage area. Twin doors here provide easy access to bulky lawn and garden equipment. A double coating of stucco disguises the concrete block while blending with the white trim around the house. You can see one of the living room's side windows above the storage shed. Ordinarily, the exposed steel I-beam you see would be camouflaged with a covering; but under the budget philosophy of this house, it's left exposed. This maintains the home's clean-cut look and saves extra materials costs as well.

When the time comes, there are several ways Mrs. Cumming can expand her house. She plans to make the first addition a master bedroom and bath suite with an accompanying study. The new rooms could be an extension of the bedroom wing, or a two-story addition off the bedrooms and deck.







Jack Williams feels that houses can be built at lower cost by foregoing standard-size rooms—and still have good, livable spaces. This philosophy is demonstrated here in the dramatic two-story hallway. Light from the upper-level windows and ceiling spotlights flood the area with brightness.

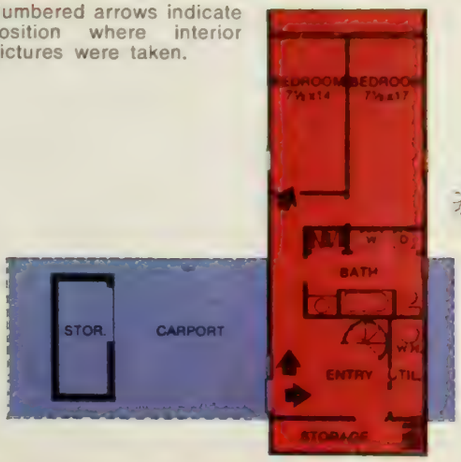
The hall area also illustrates how the architect "doubled up" on space and function. Two closets on either side of the entry door serve both as mechanical/equipment rooms and as storage centers. The corridor that leads to the bedroom core doubles as a privacy buffer between the entry and bedrooms. A striking 4x16-foot supergraphic wall hanging accents the entry hall; all other fabric hangings in the house are variations of this one.

The girls' bedroom is a spartan rectangula space, but bright colored fabrics provide plenty o visual impact. The unusual dimensions of the roon (7½x14) provide architectural interest. This trick of carving small spaces into distinctive shapes i evident throughout the house.

In both bedrooms, large casement windows le in light and view to banish a closed-in feeling. Mrs Cumming saved space in the girls' bedroom by se lecting versatile furniture for study and storage The stone floors used throughout the lower leve look smart, and they're economical too. Built-i ceiling spotlights brighten the room at night; they can point down for direct lighting, or swivel up fo an indirect lighting effect.

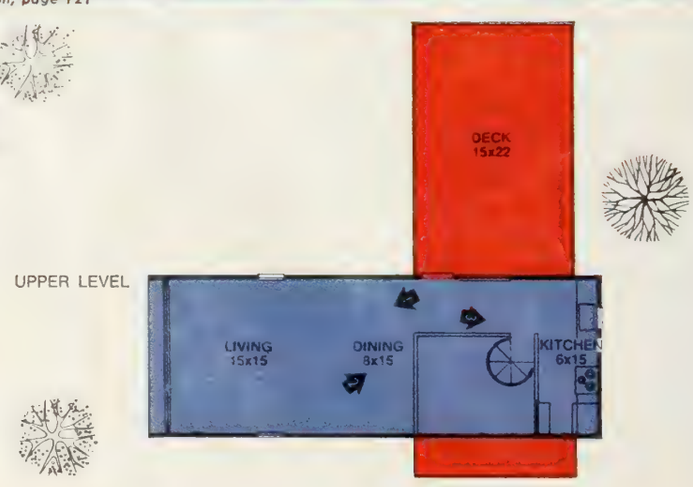


Numbered arrows indicate position where interior pictures were taken.



MAIN LEVEL

Buying information, page 121



The living areas on the second floor illustrate how Mrs. Cumming managed to fit maximum livability into minimum space. A wall-wide window provides an ever-changing outdoor view at the end of the living room. The window is also recessed to protect it from glare and rain. This side-shielded view, and an upper-floor vantage point, help make the living room both pleasant and private.

Ceiling spotlights provide ample illumination at night, eliminating the need for space-consuming floor and table lamps. To avoid the expense of carpeting the living area floors, architect Williams suggested a hardwood floor with a polyurethane finish. A store-bought wood-backed sofa matches the oak flooring, helping to tie the furniture to the





Better Homes and Gardens House Plan No. 4208-A.
To order, see page 107.

ouse itself. Fabrics in a kaleidoscope of colors nd patterns give the room an exciting look at inimum cost. The living room is flexible enough r a party or a quiet evening at home.

The dining area serves as a buffer zone be- veen the kitchen and living room. Since the deck adjacent to the dining room, the Cumming fam- y can use the dining table to serve buffet style hen entertaining on the deck. Large windows and glass entry door to the deck give the interior paces a bright, open look during the day.

A bold blue wall dramatically sets off the kitchen om the other areas. Also separating the kitchen the low stairwell wall which doubles as a room ivider. The wall is topped with an eight-inch-wide oak rail that can serve as extra kitchen counter space.

One of the big budget savers in this room is the absence of kitchen cabinets. Instead, adjustable, open shelves serve as the main storage areas, allowing the various boxes and cans on the shelves to become decorative accessories. A roll-around drawer unit and built-in shelves substitute for base cabinets below the sink. Three large wall hangings accent one wall with bright colors. The refrigerator and appliance center (to the room's right and out of picture) complete the kitchen.

In all, the house is just the way the Cumming family wanted it—bright, comfortable to live in, easy to maintain, and best of all, affordable.

Can you fight special tax assessments?

Most special assessment taxes are levied for neighborhood improvements that are genuinely necessary, such as street pavings, sidewalks, storm and sanitary sewers, and so on. The people whose property benefits directly from these improvements are the ones who pay for them; the homeowner's cost can vary from a few dollars to several thousand. Some assessments, however, may be for "improvements" that add little real value to your immediate neighborhood, such as street-widening projects designed to benefit "through" traffic.

John Doe the dragon slayer

What can you do if you believe that the proposed improvement isn't necessary, or that your share of the assessment is unfairly proportioned? Plenty. It means battling city hall, but that proverbial dragon can be beaten—or at least tamed. First you need to know how the process of implementing special improvements works.

City planners normally begin outlining projects about a year in advance, around the end of summer and early fall months. Contractors will bid on the job the following spring. Meanwhile, technical details of the project are worked out, assessment costs are formulated, and public hearings are held. At what point during this period you first voice your objections will largely determine your chances of defeating or modifying the project.

The city takes a gamble

Initial study and planning costs of most projects run about 15 percent of the total project's cost. The city is actually spending this 15 percent in the assumption that the project will go through as planned—and will be paid for from future tax assessments. Once this money is spent, your city has only two options: either go ahead with the project and assessments, or cancel the project and absorb the planning costs out of the city's general operating fund. Most towns can't afford the latter course, so the pressure is on the council to continue with the project as planned.

Obviously the best time to sway the council's mind is before or during the planning stage. Individual letters, and especially neighborhood petitions, can be most effective in reversing the council's plans. If you and your neighbors object to only parts of the proposal, suggest a meeting with the city planner to work out modifications agreeable to everyone.

Unfortunately, the city is not required to tell you that they're thinking about a project—or spending money planning one. It's here that you must depend on your local newspaper to cover city hall's activities. Once you read of a planned improvement, act fast if you don't approve of it. But before you do anything, be sure you understand what the project is and how it will affect you. City officials will tell you that the two most common mistakes homeowners make in objecting to proposals are: first, they have not really studied the proposals, and second, that they approach the project in a belligerent and short-sighted manner. So if you have an objection, state it in a concise and reasonable way. Remember, the council is only doing what it thinks best for the city. If they're wrong, show them why.

Phase II

After the initial studies and plans have been finished, your city should notify you of the proposed project via the mail. This letter will include a brief description of the intended improvement, which is usually reprinted in the back pages of your local newspaper. A public hearing is normally set up to allow discussion by the parties involved, usually within ten to 14 days after the official notice. The exact details of the plans, including the estimated cost and your share of the assessment, are available for inspection at city hall after you've received your notice.

Even a this late date, you still have a good chance of modifying the proposed improvements. Step one is to check with the city assessor or clerk to see if there were any similar assessments to your property within the recent past. If so, there are adequate grounds to oppose any new projects of the same nature.

Recruit a neighborly task force

Talk with your neighbors. If they feel the same about the project as you do, organize a group to oppose or alter the proposals. Draw up a petition, and list what you would rather see done—whether it be a total rejection, simple repair and maintenance, a less expensive kind of materials or construction, and so on. The more people you get to sign the petition and attend the hearings, the stronger your bargaining position with the city council. If the proposed project will have major economic impact for your area, consider obtaining competent legal help. A good lawyer can probably present your case more effectively.

Once debate is closed, the project is up for approval by the council. If you think more time would help, ask your councilman to request a delay of the voting. That way, your group may be able to come up with a more complete and persuasive case.

In one city, for example, the council proposed to widen a street for two blocks to alleviate a dangerous parking situation. As a safety measure, this was fine; but it would have meant tearing out the present sidewalk and boulevard, destroying many mature trees, and creating temporary but unnerving traffic congestion. In addition, the residents were to be assessed several hundred dollars apiece for this "improvement." After going through the appeal steps outlined above, a concerned residents group arrived at a compromise with the city council. The revised plan simply restricted parking to one side of the street during peak rush hours. The residents saved their lawns, and the city solved its traffic problem.

A stubborn council vs determined residents

If the council approves a project in spite of your opposition, there is still a way to ground any action for a time. Retain an attorney and have him file an injunction (a court order to stop) against the city. If the injunction is granted, it will delay the project until after a trial. The injunction period is usually one year. It gives your attorney time to examine the city's position and build a better case for you.

One last chance

If the project is approved and completed, you still have one more avenue of appeal that may save you some money. Once the project is finished, another hearing is held. This is to levy the exact dollar amount to be paid by those assessed. You will be notified by mail when the meeting will be held.

Grounds for appealing what you consider an unfair assessment are difficult to come by. Assessments are based on how the improvements directly benefit your property. The assessment rate is not based on the fact you may be retired and living on a fixed income during an inflationary period. The best way to get a reduction in the assessed amount is to prove your property is not benefited in proportion to the dollar amount assessed. The turf gets slippery here, so you're wise to hire an attorney specializing in tax and real estate matters. ■



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One man's love affair with an

This essay was written by Otto Friedrich, noted writer and former managing editor of the Saturday Evening Post. It is the first in a series of occasional features that express a uniquely personal view of home or family. Readers are invited to submit manuscripts for consideration in this series.

A blizzard had swept in from the Atlantic on the previous day, leaving more than a foot of snow. Then, as often happens on Long Island, the sea winds suddenly turned warm, overnight, and so the gutters dripped and gurgled along the eaves of the old house that we had come to see. The bespectacled real-estate agent stood for a moment in the doorway, fretting at the fact that he couldn't find the right key, and that his feet were getting wet.

"That tree there," he said, pointing vaguely over his shoulder, "that's a very old catalpa. It gives you nice shade in the summer."

What I still remember most clearly was the pale sun shining on the snow-covered lawns, and on the spruces that drooped heavily against the white clapboard sides of the old house. Even inside, after the real-estate agent had finally found the key, even in that echoing emptiness, for the old house was expensively furnished but deathly empty, the light of sun-on-snow was everywhere, gleaming in the windows, shimmering on the walls.

It was a good house. I did not choose it but simply recognized it as the place where I was destined to live.

"I want to buy it," I said to the real-estate agent, who was still stamping the snow off his galoshes.

"Wait till I show you the upstairs," the agent said, hopefully, as though I had never spoken.

"Okay, but I'm telling you now that I want to buy it," I said.

I had seen the little classified ad in the *New York Times* only two days earlier, and I really feared that the agent might try to sell my house to somebody else. I wanted him to surrender it instantly. The only problem was that I had never bought a house before, and I had no money.

According to the rules, I now discovered, one first pays a "binder," a small sum which simply means that one is serious. Then one calls in a builder to inspect the premises while one consults various frowning bankers on the prospects for a mortgage. The builder, a sturdy Norwegian who spent most of his time erecting new split-levels in more remote suburbs, disapproved thoroughly of my discovery. For his fee of twenty-five dollars, he wrote a long report warning that the floors sagged, and the windows rattled, and there were suspicious cracks in the walls, and the cellar showed signs of termites.

He suggested that one of his new split-levels would be a much better buy. But I didn't want a split-level. I wanted this doomed old house with the sagging floors and the rattling windows (they didn't really sag and rattle that badly) and the garden that reflected the sunshine off the snow. So after some elaborate financial negotiations, I bought it.

I was brought up in old houses, for the most part, and so I have always sought out old houses in which to bring up my own children. In the most practical terms, I think that the houses of a century ago were better built than the houses of today, and that any building that has survived this past century is necessarily one of the best and toughest of its era. As I watched some new houses being erected down the street, with two-by-fours as corner beams, I felt quite complacent in comparing them to my own place, where the foundation beams were more than a foot thick. If there really were termites in my cellar, they would have to work hard to reduce this old house to the fragility of a new one.

One does not buy an old house because of its beams, however, any more than one evaluates a prospective wife in terms of her good posture or strong teeth. One simply recognizes, as I have said, one's destiny, which, if one feels romantic, one can call love. The word "Love" is an absurdity when said of a new house; new houses are the impersonal results of planning, engineering, and salesmanship. But an old house is already there; it already has a history and an identity, which one can accept or fail to accept, love or fail to love.

1682 Old Mill Road. The house had been built in 1823, and it was large, by today's standards of shrunken efficiency, a cube of about sixty feet on each side. It was once a fairly standard sort of house, built, I suspect, from a fairly standard set of plans.

The center hall had two rooms on either side. At the northeastern corner stood the kitchen (it was apparently assumed, in those days, that the servants needed less sunlight than their masters); at the southeastern corner was a dining room. On the other side of the hall, somebody had had the wisdom to knock out the dividing wall, thus creating an elongated living room with two fireplaces. Upstairs, on either side of another hall, there were four bedrooms. Beyond that, a stairway led to a large attic that we dreamed of turning into a children's Utopia someday. And there were seven fireplaces in all, not counting the two blocked-up ones in the cellar.

That dream of the rebuilt attic is, I think, characteristic of one's feelings about an old house. One recognizes it and loves it, and yet one still conjures up a series of visions of the future. Not only did I see the children playing in a rebuilt attic—with those foot-wide floorboards all beautifully waxed, and new dormer windows providing a view out over the front lawn—but I also saw a whole side wing jutting westward from the living room. There would be a bed of rambler roses climbing up over the cellar stairway, and a glass-walled conserva



old house

ory extending out around the maple tree—what could e more magnificent than an indoor maple tree surging hrough the roof?—and then all the way out to the rape arbor next to the garage. Here I would play Chopin on my Bechstein and watch the roses grow.

Visions usually remain visions, nothing more. I did plant one climbing rose next to the cellar stairway, *aul's Scarlet,* but I never even started on the glass-alled conservatory, nor on the attic playroom. The nly creatures who ever made themselves fully at home n the attic were a tribe of gray squirrels, who gnawed heir way under a gutter, built nests out of stored blan-ets, and began to establish families.

One must be practical. When I moved into the house n Old Mill Road I was working on the *New York Daily Jews* for the union wage of $134.50 per week, and I ad children aged five, four, three, and two, and I ate ny dinner every night in the Horn and Hardart Automat t the corner of Third Avenue and Forty-Second Street—leven cents for a buttered roll and a glass of milk. The rst task, therefore, on the very day we moved into our ouse, and before we had even unpacked the sheets and ne kitchen spoons, was to rip open some previously rdered crates from Sears Roebuck and to spend the fternoon rigging up about 1,500 feet of cattle fencing ehind the privet hedge that encircled the lawn. The rimary law of the territorial imperative, on Long Island, s not to bar the roving stranger from invading one's arden but to keep the diapered infants from wandering ut into the murderous traffic in the street.

Things that the new homeowner may or may not know: *That roses must have sun.* The *Paul's Scarlet* that I lanted by the cellar stairway never once produced, lespite all my watering and fertilizing, a single bud. hat was because my sheltering maple tree was over-vhelming it with perpetual shadows. A *New Dawn* that planted outside the garage nearly got buried in molten sphalt when we repaved the driveway, but it had sun, nd so it climbed all over the garage roof.

That toilets need wise maintenance. The first time I en-ountered the problem, the lazy sound of a waterfall ed me to an upstairs bathroom, where, as nearly as I ould determine, a vertical pipe had rusted away and allen in ruins. I devised a means of stopping the over-low by plugging the hole with a sawed-off broom andle. Then, of course, the toilet couldn't be flushed. he plumber who finally came to solve the problem ooked at the broom handle, and then at me, as though e had finally encountered Simple Simon.

That furnace motors need to be oiled. Ours died—"froze" was the term the man used—on a Thanksgiving weekend. The lady who had sold me the house never told me the history of the heating system, which, as in most old houses, was genuinely historic. Once there had been a wood furnace, which was later converted to coal, and then to gas. A system of fans theoretically forced hot air through a series of filters and upward into the house, but when nobody remembered to oil the motors that ran the fans . . .

That a leaking shower cannot be allowed to leak forever. For a year or two, we ignored the warnings. It was part of the drying-up process to apply a towel not only to one's back but to the hall floor underneath. We knew there were cracks in the hall ceiling, of course, but there had always been cracks in the hall ceiling. One day, while I was discussing the philosophy of education with an elderly lady in the living room, we both started up at the thunderous sound in the hall and then strolled out to observe the debris of several hundred pounds of fallen plaster. Ultimately, I climbed onto a kitchen table and nailed a huge sheet of beaverboard back into the cavity. But I never could rid myself of the idea that anyone who had been struck by that falling plaster might have been struck dead.

Then, just as the Norwegian builder had predicted, there were the termites. I had always thought of termites as small and inconsequential insects, something that one might discover underneath an overturned board. They were actually quite different—rather noble, in fact, with long and delicate wings that sprouted every spring as they emerged from their hibernation to fornicate in my cellar and then, after their beautiful wings had fallen, to die. They left their eggs, of course, in the doomed timbers underneath my desk.

The evidence, when I finally called in a termite man, was quite clear. Poke a penknife into an apparently solid foundation beam, and, if the termites have been there, the penknife sinks into the beam like a saber into *Tournedos Rossini.* And thus it was in my cellar; one could eviscerate giant beams with a fingernail. I wondered, as the termite man poked and prodded to prove my need of his services, what was holding up the house, and the answer was, as it always is in old houses, that the house holds itself up. Even when a huge beam has rotted, even when ten beams have crumbled, the old house somehow continues to stand.

Termites are fascinating creatures, though, rivaling the bee in diligence and the ant in organization. Did

Continued on page 90

Formula for relief of
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Helps rid lungs of excess phlegm.

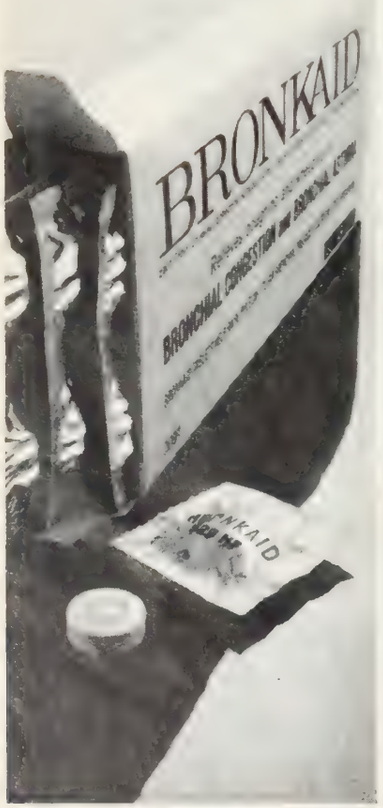
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What you should know about getting a tan

Whether you tan easily or only burn trying, you can profit from learning a little about the popular sport of sun-worshiping—what makes us tan, how to get the best tan, what to watch out for.

It all starts with the sun. It transmits rays in various wavelengths—long, infrared ones that warm us and short, ultraviolet ones that tan and burn us. Unlike most animals, man sports no natural coat to protect him from burning rays. But your skin provides some protection in the form of a pigment called melanin. When stimulated by the sun, melanin granules produced in the lowest of the five layers of your skin concentrate in the outer, horny layer, darkening it to form a barrier against harmful rays. The more melanin you have, the greater your protection—and the darker your tan. People who tan darkly can tolerate more sun than lighter skinned individuals, who may produce enough melanin over a period of time for a light, all-over tan—*if* they can avoid the initial burning and peeling. The fairest skins usually tan only in spots—freckles—leaving the remaining skin unprotected.

You can get a good tan for your skin type if you know how a tan develops and use good sense. Don't stay in the sun too long or you'll get a sunburn. And, contrary to popular belief, a burn does *not* change to tan. If your burn is more than slight, you'll probably blister and peel, thus losing the top layer of skin a day or so after it begins to look tan instead of red. Then you're back where you started.

Avoid a burn and build up to your skin's best tan potential by sunbathing for short periods each day. Start with ten to 20 minutes on each side—depending on your skin's sensitivity and the sun's strength—and gradually increase the time each day. Where you are and what time of day you sunbathe makes a big difference. During the midday hours—10 to 2 standard time and 11 to 3 daylight saving—rays are too strong for babies, small children, and people with fair or sensitive skin.

But wherever or whenever you sunbathe, stretch out roughly perpendicular to the sun and keep your arms and legs out from your body so the sun can reach your inner thighs and arms. And don't forget to turn over—you'll get a one-sided burn if you fall asleep.

As your skin begins to tan, you'll be able to stand more and more sun without burning. But until your skin has built up enough protection of its own, you should protect it by using a sun-blocking or sunscreening product to avoid overexposure.

Choosing a protector from the myriad sun lotions, creams, gels, aerosol sprays, oils, and butters on the market is no easy matter. But it can be done. Read the labels and compare them. The plethora of products breaks down into three groups:

Tanning aids are basically lotions, oils, and butters that moisturize your skin while you sunbathe, but contain no sunscreening chemicals. Some of these products may list coconut oil, in vogue now, or lanolin. But they don't have to list their contents and usually don't. No sunburn protection in these products—they're strictly for those who can tolerate sun.

Sunscreening preparations contain chemicals that screen out burning rays while letting the longer ultraviolet rays through to stimulate tanning. Para-aminobenzoate (PABA) and homomethyl-salicylate are common and effective sunscreens found in the best products. Read the labels to see what each product contains. If any of these ingredients are present, manufacturers are required by law to list them.

Sun-blocking agents come in two categories. One type blocks all the sun's rays with an opaque cream, like the zinc oxide you've seen on lifeguards' noses. Products in the other category contain huge amounts of PABA that effectively prevent sunburn. If a product falls into this category, strong label language will tout its blocking powers.

But which sun product is best for you? That depends on your skin type, the amount of time you'll be in the sun, and whether or not you're already tan. Tanning aids are for those sufficiently tanned to need a moisturizer but no real protection. Sunscreening products provide enough protection for dark or medium-skinned people their first few times out—that is, if you don't stay out too long. For an all-day sunning on water, even medium-skinned individuals should use a sun-blocking agent to avoid burning. Very young and fair skins need two kinds of protection—a sunscreen for short tanning periods and a good sun-blocking agent for longer exposure.

Using a sun product once you've picked it out is easy. Just follow the directions explicitly. If the label says to apply the product again after swimming, do so. If it says to reapply every hour or so, do that. Be sure to cover *all* exposed areas, maybe even giving a second coat to vulnerable areas like nose, ears, back of legs, bald spots, and skin exposed by any cutouts in your attire.

Watch out for hazy days. Droplets in the atmosphere are doubly deceptive: they screen out warm infrared rays that warn you about getting a sunburn, and they magnify ultraviolet rays. Result: you can get a devastating burn without ever feeling it. Be especially careful if you're on the water all day—ultraviolet reflection is still a problem when the sky is overcast so take precautions.

Older skins should take exposure sparingly. And dermatologists say that using a shiny reflector to enhance your tan can damage your skin, especially unprotected areas like ears and nostrils.

If your hair is tinted, keep it covered. If you've had plastic surgery, ask your doctor about sunning your face. If you take any kind of medication, check with your doctor before sunbathing. (Some drugs may cause your skin to be abnormally sensitive to light.)

What about the so-called "instant tans?" They get their effectiveness from a chemical called dihydroxyaceton (DHA) that combines with proteins in the outer layer of your skin to produce a tan coloration. The process takes three to five hours and won't wash off. But it does wear off in four or five days if not renewed, sometimes leaving unsightly streaks. If you want to tan indoors before you appear on the beach, make sure the product you use contains a sunscreen. Your glamorous phony tan gives your skin none of the protection a natural tan does.

If you do burn, there's relief to be had in the form of numerous cooling first-aid products. Choose from lotions, sprays and creams, most of which contain benzocaine, a local anesthetic that stops the pain fast.

Take a severe burn to your doctor. Even if your burn is slight, *don't get any more sun until your skin returns to normal.* That means don't go outside

Continued on page 105


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CREATE A GIFT FROM THE HEART THAT WILL LAST A LIFETIME

Step by step to canning jams and jellies

Next time you see a crate of top-quality peaches on special, strawberries at rock-bottom prices, buy them in quantity & make your own jams and jellies. Not only will they taste ext fresh on your table, but they make perfect hostess gifts, too.

Here are step-by-step instructions for preparing the jars, se ing with paraffin, and preventing floating fruit, plus some help hints to save you time and trouble. (For canning vegetabl see page 42.)

FRUIT BUYING GUIDE

Fruit	Market Unit	Volume fro Market Unit
Apples, fresh whole	*1 pound*	*3 medium*
pared and sliced		*2¾ cups*
Apricots, fresh whole	*1 pound*	*8 to 12*
sliced		*2½ cups*
dried	*1 pound*	*3 cups*
Blueberries, fresh	*1 pound*	*2 cups*
Cherries, red pitted	*1 pound*	*2⅓ cups*
Cranberries, fresh	*1 pound*	*4 cups*
Grapes, fresh seeded	*1 pound*	*4 cups*
Peaches, fresh whole	*1 pound*	*4 medium*
sliced		*2 cups*
Pears, fresh whole	*1 pound*	*4 medium*
sliced		*2 cups*
Plums, fresh whole	*1 pound*	*8 to 20*
halved		*2 cups*
Strawberries, fresh		
whole	*1½ pounds*	*4 cups*
sliced		*4 cups*

Jam and jelly jargon

Jellies are made from fruit juice; they're clear, and firm enough to hold their shape.

Jams contain slightly crushed or ground fruit and are usually softer than jelly.

Conserves are jams made from a mixture of fruits, usually including citrus fruit; raisins and nuts are often added.

Marmalades are tender jellies with pieces of fruit distributed throughout; citrus fruits are commonly included.

Preserves are whole fruits or large pieces of fruit in a thick, jellied syrup.

How to make jams and jellies

1. Check jars for flaws. Wash jelly glasses or canning jars in hot soapy water; rinse. Place jars in hot water till ready to use. Prepare jar lids according to manufacturer's directions. If using paraffin, put paraffin block in top of double boiler to melt.

2. Prepare jelly or jam exactly according to recipes. Do not interchange commercial powdered and liquid pectin in recipes. Note the jelly test on opposite page. Be sure to use a large enough saucepan—8- to 10-quart size.

3. Keeping ladle as close as possible to top of jar, pour hot jelly mixture into hot jelly glasses leaving ½-inch headspace. Cover immediately with hot paraffin inch thick. Prick any air bubbl that may appear—they m cause a faulty seal. Tilt the gla slightly so paraffin seals w against the edge. A single th layer of paraffin will give t best seal—you can figure on o tablespoon or so for each jel glass. Paraffin may be used seal jellies and firm jams ar marmalades.

To use canning jars for sc jams, ladle hot jam into hot ja leaving ⅛-inch headspace. Wip top and threads of jar with clean damp cloth. Place met lid with sealing compound ne to jar top; screw metal ban down tight. Occasionally durin cooling, shake jars gently to di tribute the fruit. Stirring jam for about 5 minutes after cool ing and removing from heat wi also help prevent floating frui

4. Let jams and jellies cool on rack or thick cloth overnigh Cover jelly glasses with met lids. Label with name of produ and date canned. Store in a coo dry, dark place. Use within few months for best flavor.

Helpful hints

- Do not double or triple jel and jam recipes. You'll have be ter results just canning one sing batch.
- For pretty jelly molds, use th

-sided jelly glasses so you
the jelly out easily in the
e.
arm humid weather, do
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and marmalades with
. It's best to use canning
l lids for proper sealing.

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ature test. Shortly before
the jelly, use a candy or
ermometer to determine
iling point of water—it
with altitude and with at-
eric pressure.
n testing the jelly temper-
make sure the thermome-
lb is completely covered
ne boiling jelly, but does
ch the bottom of the pan.
the temperature at eye
For jellies, it should regis-
higher than the boiling
of water; for jams, 9

Drawing: Red Fox Studio



ou don't have a thermom-
ou can use Grandmoth-
st for sheeting off the
Dip a large cool metal
into the boiling mixture.
ne spoon at least 12 inches
the kettle. Tilt the spoon
syrup runs over the side.
ying stage, liquid will stop
g in a stream and divide
wo distinct drops that run
er and sheet from the edge
spoon.
you can pour a little boil-
lly onto a cold plate and
in the freezer for a few
es. If the mixture appears
after chilling, it should be
Be sure to remove jelly
the heat for this test.
nember it's better to test
lly sooner than later—un-
oked jelly can be salvaged
turning it to the heat, but
can be done with over-
d jelly. A change in the
and smell of caramelized
are signs of overcooking.

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Step by step to CANNING VEGETABLES

Follow these simple instructions and you can serve favorite seasonal vegetables all year round.

General rules for canning vegetables

1. Use a clean pressure canner. Place on heat with correct amount of water in bottom (see manufacturer's directions).

2. Check jars for flaws. Wash jars and caps; rinse. Scald jars and leave in hot water till ready to use. Follow manufacturer's directions for caps.

3. Look up the specific vegetable you are canning. Decide if you will use hot pack or cold pack (a matter of personal preference).

4. Wash and sort vegetables. Select only the top quality firm-ripe produce.

5. Prepare vegetables according to chart. Do just enough vegetables for one cannerfull at a time.

6. Pack vegetables into hot jars using either the hot pack or cold pack method. (If you are using zinc caps, fit wet rubber ring on jar shoulder before filling jar.)

Cold pack: (May be used only for asparagus, lima beans, snap beans, corn, carrots, peas, and summer squash.) Leaving headspace noted in chart, pack vegetables *firmly* into jars (except corn, lima beans, and peas; pack these *loosely* as they expand during processing). Add ½ teaspoon salt to pints and 1 teaspoon salt to quarts. Pour boiling water into jar, keeping headspace noted.

Hot pack: (May be used for all vegetables.) Precook vegetables according to directions in the chart. Pack boiling hot vegetables *loosely* into hot jars leaving headspace. Add ½ teaspoon salt to pints and 1 teaspoon salt to quarts. Cover with boiling cooking liquid or water, keeping the headspace noted.

7. Work a narrow metal spatula up and down sides of filled jars to chase out air bubbles. Add more liquid to cover vegetables if needed, but keep headspace.

8. Wipe jar rims and threads with a clean damp cloth to remove any food particles. For self-sealing lids, put flat metal lid on jar with composition next to glass; screw the metal band down firmly. Partially seal jars with rubber rings and zinc caps by screwing caps down firmly, then turning caps back ¼ inch.

9. Place jars on rack in pressure canner, leaving space between jars. Fasten cover securely. Watch for steady flow of steam to escape, then wait 10 more minutes before closing the petcock.

10. Start counting processing time when gauge reaches 10 pounds pressure (or correct pressure for high altitude—add 1 pound pressure for every 2,000 feet above sea level). Keep pressure constant by adjusting heat. Do not open petcock to lower pressure.

Continued on page 118

CANNING VEGETABLES

Vegetable	Preparation for canning	Pressure canner minutes at 10 lbs.	
		half-pints and pints	1½ pints and quarts
Asparagus	Wash; trim off scales and tough ends. Wash again. Cut in 1-inch pieces.		
	Hot pack: Cook in boiling water 2 or 3 minutes. Pack hot into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling cooking liquid leaving ½-inch headspace. Adjust lids. Process in pressure canner.	25 minutes	30 minutes
	Cold pack: Pack tightly into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process.	25 minutes	30 minutes
Beans, green and wax	Wash; trim ends. Cut in 1-inch pieces.		
	Hot pack: Cook 5 minutes in boiling water. Pack hot into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling cooking liquid leaving ½-inch headspace. Adjust lids. Process in pressure canner.	20 minutes	25 minutes
	Cold pack: Pack tightly into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process.	20 minutes	25 minutes
Beans, lima	**Hot pack:** Shell and wash young beans. Cover with boiling water; bring to boil. Pack hot beans loosely into hot jars leaving 1-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving 1-inch headspace. Adjust lids. Process in pressure canner.	40 minutes	50 minutes
	Cold pack: Shell and wash young beans. Pack loosely into hot jars leaving 1-inch headspace in pints, 1½ inches in quarts. Add 1 teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process.	40 minutes	50 minutes
Beets	Wash, leaving on root and 1 inch of tops. Cover with boiling water. Precook till skins slip easily, about 15 to 25 minutes. Slip off skins and trim. Cube or slice large beets. Pack hot into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process in pressure canner.	30 minutes	35 minutes
Carrots	**Hot pack:** Wash and pare; slice or dice. Cover with boiling water and bring to boil. Pack hot into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling cooking liquid leaving ½-inch headspace. Adjust lids. Process in pressure canner.	25 minutes	30 minutes
	Cold pack: Wash and pare; slice or dice. Pack tightly into hot jars leaving 1-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process in pressure canner.	25 minutes	30 minutes
Corn, whole kernel	Cut corn from cob; do not scrape cob.		
	Hot pack: Add 2 cups boiling water for each quart of corn. Bring to boil. Pack hot corn loosely into hot jars leaving 1-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling hot cooking liquid leaving 1-inch headspace. Adjust lids. Process in pressure canner.	55 minutes	85 minutes
	Cold pack: Pack corn loosely into hot jars leaving 1-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process.	55 minutes	85 minutes
cream-style	Cut corn from cob, cutting only half the kernel; scrape cob.		
	Hot pack: Follow directions above. Pack hot corn in pint jars only.	85 minutes	
	Cold pack: Follow directions above except pack leaving 1½-inches headspace in pint jars. Cover with boiling water leaving ½-inch headspace.	95 minutes	



Traditional African patterns that were meant to please the gods will now add pleasure to your home.

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Kilimanjaro in: Brown/Yellow/Lavender. Also in other colors.

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THE AMERICAN COUNTRY LOOK

By Morley B. Smith and Robert E. Dittmer
What's intriguing about the Early American country look is its relevance to today's homes. The rooms you'll see on the next dozen pages prove the point. Some are authentic in many ways, some mix adaptations with other styles, and some drop period accessories into modern settings.

For inspiration, we searched through restored villages and museums, such as Sturbridge Village in Massachusetts and Pleasant Hill in Kentucky. There we found a wealth of country classics to share with you. The table settings and craft ideas you'll see were also inspired by our journey through America's past.

ROOTED IN YESTERDAY...RIGHT FOR TODAY



Photographs: Clyde Baxter, Alderman Studios

After the Revolution, furnishings throughout rural America were a rich mixture of Old World styles, native materials, and homemade adaptations. Since machine-age uniformity was years away, virtually nothing matched, resulting in a comfortably eclectic look. Furniture tended to be solid and simple, created from native woods by local craftsmen or the men of the family. Bright colors glowed on furniture, walls, floors, and pottery in primitive designs that seem rather gaudy to us today. The overall effect was warm and lively, like the inventive and courageous people who lived in these surroundings.

One of the best places to see a cross section of typical early country styles is Sturbridge Village. Sturbridge is a re-created town composed of original homes and shops collected from all over New England, and tucked away in the rolling countryside of southern Massachusetts. There you can roam about the green, visiting old homes and watching craftsmen work.

Inside Sturbridge you'll see rooms like the Richardson kitchen (right). Note how the

Photograph: Bill Helms



Photograph: Bill Helms



One of the oldest structures on the Sturbridge Village green is the John Fenno House, built in 1704 in Canton, Massachusetts. Its clapboard exterior and central staircase are typical of the era.

ing information page 121



amily room we've designed parallels it (above left). Both are common rooms—meant as amily gathering places. In the oreground is a versatile William nd Mary gateleg table flanked y bow-back Windsor arm- hairs and topped with pewter. Along the wall stands a sturdy 'sawbuck" table, as ndispensable to meal preparation as counters are oday. The open-front dresser n the corner predates the Revolution and displays a variety of New England redware pottery.

Authentic furnishings you can live with

How can you add the richness and warmth of early country furniture to your home, and still satisfy your family's practical needs? To answer that question, we designed the rustic family room on the opposite page. It holds lessons you can apply to many types of reproduction furniture. We rough-plastered the walls, then painted them creamy white to resemble early whitewashed walls. Then we stained the wide-plank flooring dark and covered it with Oriental-style rugs that a well-to-do landowner might have enjoyed. The fireplace wall is the room's focal point, where friends and family can gather around the folding coaching table. The monk's bench at one end is a copy of a sturdy Old English piece. It's a small bench as shown or a table when the top is flipped down. The console table in the foreground has legs with roped turnings and duplicates an antique serving piece. This one even contains the same kind of hidden drawer for valuables. At the far left, a painted Pennsylvania German grandfather's clock, modeled after one in the Henry Ford Museum, keeps 20th century time.

Handsome adaptations that mix well

If you prefer a more formal look than the styles in the family room, choose a mixture of pieces that reflect the work of the great early cabinetmakers. The canopied four-poster above with its fine turnings and the Philadelphia highboy are adaptations of old styles that could have been found in a prosperous New England home. Today you can use the highboy in place of an ordinary chest of drawers. The upholstered wing chair at right was originally designed to face the fireplace and retain its warmth, while sheltering the sitter from winter drafts. We introduced two newer elements in this room: soft wall-to-wall carpet and a contemporary color scheme.

Photographs: Richard Haggerty, Alderman Studios



The open cupboard or hutch, an important storage piece in the early days, was popular in many parts of the new Republic. This one is an antique from Old Salem, a restored Moravian settlement in Winston-Salem, North Carolina.

Photograph: Sam Novak, American Graphics



Perhaps you would like to combine some adaptations of original furniture with modern pieces. If so, here's how you might do it. Keep the walls and floor simple, as shown at left, and add some accents such as beams or rough-hewn siding for a suggestion of the country mood. We chose to contrast the classic dry sink, New England style ladder-back chair, and large open hutch with modern upholstered pieces covered with bright new prints. Accessories in pewter, brass, and pottery reiterate the country look. The needlework sampler hung above the dry sink is our own design composed of Pennsylvania German folk art motifs. You also could add a contemporary area rug to a setting like this without weakening the overall antique effect.

Simple lines mean versatility

Whether or not you have other period pieces, you'll find it easy to fit traditional dining room furniture into your total decorating scheme. That's because many of these pieces are simple enough in design to harmonize with either modern or more ornate styles. You can even mix a table with a set of chairs of another design, as was done in colonial days. In the room at right, we selected a drop-leaf table that might have graced an old rural home and pictured it with a modified ladder-back chair and a pierced splat-back chair. The hardware and accessories are a blend of modern and traditional. One strongly authentic touch is the small area rug done in an Early American stencil pattern edged by a characteristic border.



tograph: Sam Novak, American Graphics



Country classics in table settings

In the contemporary version of an old table setting shown above, rich browns and golds predominate in the chunky candleholder, thick bubble goblets, wood-handled flatware, provincial design cloth, and stylized plates. Note the authentic touch of individual apple-shaped cutting boards instead of bread and butter plates. The motif on the dinner plate is one that would have found favor in Pennsylvania German communities of another era. The flower and heart design is much like the ones these early settlers brought with them from their homeland. They repeated such designs on their brightly painted barns, furniture, and walls.

The regal antique teapot on the windowsill below can be found in Old Salem. Its ornate style is typical of designs enjoyed by Salem's founders.





Photographs: Sam Novak, American Graphics



For an eclectic room, you can sometimes find handsome adaptations of early furniture styles that combine antique and modern elements. We chose the table/desk at right because it clearly shows its design heritage and the modern touch. The base is an updated version of an old spool table, topped by plate glass. The lamp on top has the same scrubbed pine finish and repeats the table's turnings in its base. The modified wing chair has an exposed wood frame that extends across its top. In the hall, a modern adaptation of a hutch table which can be used for meals or extra work space as needed. Inspiration for the carpet design came from an Early American braided runner.

Country accessories to warm up modern

Classic country is a look that can fit beautifully into an all-contemporary setting because many modern pieces grew out of the early styles. Natural finished furniture, such as the trestle table and stylized Windsor chair, have retained the look and spirit of the original. You can play up pieces such as these by placing them against vivid modern colors or bold designs. Earthenware containers and handmade or woven articles also complement and soften a modern scheme. The Early American settler would be surprised to see a room like this with its sectional seating and eggshell lamp, but the overall warm, informal effect would soon make him feel very much at home.

Traditional styles mix on tabletops

The colonial table below features a variety of metals and styles: stainless steel

Photograph: Richard Haggerty, Alderman Studios







flatware in the Bunker Hill pattern, pewter candlesticks and napkin rings, traditional Blue Onion pattern china plates resting atop pewter trenchers. Fine china was so highly prized that only the most careful servants or family members were allowed to touch it. Plates were heated, filled with food, and set on pewter "cradles" so chipping and breakage by wine-warmed guests was minimal.

A covey of country accessories

You have a huge choice of accessories in the early country mode that you can blend with period rooms or use to accent contemporary ones. We've pictured just a few typical examples. Going clockwise from left is a set of simple andirons, hearth broom, warming pan, steeple clock, narrow hutch with ironstone pitchers and stoneware pottery, brass lantern, floral pattern rug, nest of woven baskets, patchwork quilt, stenciled deacon's bench, metal chandelier, provincial design wallpaper, horse weathervane, tole lamp, end table (one of a nest), traditional wing chair, teakettle, large brass pail, candlestick, soup tureen, and wood dough bowl.

THE AMERICAN COUNTRY LOOK

SHAKER





(Far left): A nest of oval wood boxes from the Shaker colony at Pleasant Hill, Kentucky. (Left): The Ministry's Work Shop, built in 1820 at Pleasant Hill, now houses overnight guests at the village.

Photographs: Hedrich-Blessing



Of all the early country styles, perhaps none is so enduring or appealing as the Shaker. The erfectly proportioned, ever unctional furniture produced y this gentle, innovative sect as a timeless quality. The haker style grew out of the ame classic modes as other arly designs, but it developed vith a definite difference.

The difference lay in the haker religious philosophy and ts effect on daily life. In the ate 18th century, Shakers trew apart from the post-Revolutionary world to live n communal, celibate "families" where work was a orm of worship. Simplicity in ll things became an important guiding principle, and by ejecting "worldly" ornamental devices, the Shaker craftsman finally whittled down furniture to its most basic, functional form. Ironically, the results were far more aesthetically pleasing than any amount of decoration.

To appreciate the original Shaker environment, visit a restored settlement such as Pleasant Hill, near Harrodsburg, Kentucky. Pleasant Hill, established in 1814 and disbanded in 1910, is set amid the bluegrass farmland of central Kentucky. It was one of the 18 Shaker utopian settlements that spread from the first colony at Mt. Lebanon, New York. At Pleasant Hill, you'll see the early crafts, inventions, furnishings, and the impressive work of Shaker builder Micajah Burnett. Burnett was a brilliant young designer and engineer who planned the entire village.

Shaker styles in a restored setting

Inside the Center Family House, a large dormitory-like dwelling unit (opposite page), you'll find typical Shaker blue pegboards, slat-back chairs, and iron stoves. The candle wall sconce in this room is adjustable, a feature found only in the western Shaker colonies. The large secretary made of native woods was used chiefly by Shaker trustees. We designed the bedroom below to resemble original rooms such as this.

Capturing the real Shaker flavor

If the quiet beauty of the Shaker style intrigues you, here's how you can adapt it to your home in an authentic manner. The furnishings shown here are all careful reproductions of old pieces. We left the hardwood floor uncovered except for a characteristic rag rug, then installed pegboard painted in an original Pleasant Hill color. A triple clothes hanger and candle wall sconce hang from the board. You can use the famous iron stove today for heat or simply as a decorative element. The woodbox next to it also would look handsome beside a fireplace or in a child's room for toy storage. The low one-slat chair in the foreground is a natural for small rooms. It was first designed as a dining chair for an eastern Shaker colony. We topped the high walnut Shaker bed with our own contemporary quilt design and covered the trundle bed beneath it in blue.

Photograph: Clyde Baxter, Alderman Studios



Photographs: Clyde Baxter, Alderman Studios



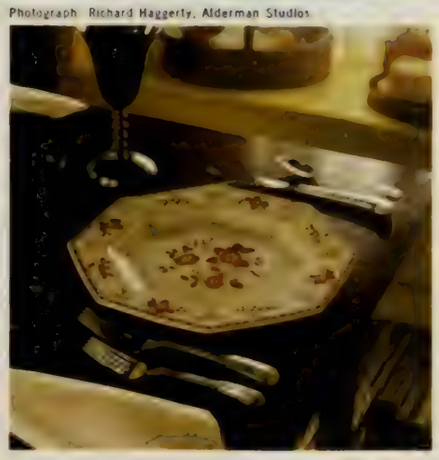


Photograph: Richard Haggerty, Alderman Studios





photographs: Hedrich-Blessing



The unusual double spiral staircase and adjustable wall sconce are some of the outstanding designs from the restored Shaker village at Pleasant Hill, Kentucky.

In the bedroom at left we show how you can achieve the general Shaker look without adopting the purist approach. We used two adaptations of Shaker furniture and modified the walls and floor with mushroom print paper and thick shag carpeting. Here the pegboard becomes strictly a decorative element. The country look is achieved mostly in the use of warm earth tones and natural materials. The high spindle-back armchair of mellow pecan reflects Shaker simplicity. Its companion piece, a roll-top lingerie chest, is topped by a hidden mirror.

Mixing reproductions and adaptations

Don't be afraid to mix authentic reproductions and adaptations. In the living room at left we also introduced some distinctly un-Shaker-like comforts—carpet and a small upholstered sofa. The draperies in a Jacobean print are a departure as well. There are enough original elements to give the room an authentic flavor, however. On the wall hangs a copy of a clock made by Isaac Youngs, a Shaker craftsman who marked his clocks with a bit of philosophic verse on the back of the dial. The magazine rack is patterned after shelves that once held ironing in Shaker laundries.

Shaker in a contemporary setting

We designed the living room above to show how you could use some Shaker reproductions and adaptations as accents in a modern setting. We balanced the dark walls with white upholstered furniture, accessories, and a Shaker-like rug. The cocktail tables and curio cabinet are Shaker adaptations, and the rocker, corner table, and candlestand in the foreground are reproductions of originals.

Designs from nature on a Shaker table

The octagonal plate at left with its bittersweet flower and vine motif blends beautifully with rooms that have a Shaker touch. The pistol-handled silver and pewter chalice are apt partners in the simple setting.

AMERICAN COUNTRY CRAFTS

America's early settlers brought with them a rich variety of decorative arts which they put to lively use in their new homes. Despite the struggles of living in the wilderness, the settlers produced beautifully crafted articles, simple and functional in design. You can recall that pioneer spirit today by practicing some of the very same crafts and adapting others to contemporary styles. We chose six different projects to help you experience the age-old delight of creative workmanship.

Photograph: Clyde Baxter, Alderman Studios Designer: Jackie Curry



Photograph: Sam Novak, American Graphics. Designer: Patricia Deaton

Buying information, page 121

Before the days of electric blankets and central heating, quilts and comforters adorned the beds of many families. Since quilts often served as bedspreads as well as blankets, women decorated their handiwork with various stitches. Sometimes fabric was so scarce that solid-colored quilts had to be patched with available scraps, and so the patchwork technique was born.

The early patchwork quilt required many hours of careful hand stitching and clever arrangement of designs. If you like the patchwork look but don't have lots of time, try the modern version at left. The quilt and pillow sham are made of foot-square fabric scraps, machine-stitched to batting and firm backing.

For how-to, see page 102

In parts of old Pennsylvania and New York, where rural schools were far apart, mothers used lettered samplers to teach their daughters the basics of reading and stitchery. The Pennsylvania German style sampler at right is an adaptation of those old embroidered pieces. It features several kinds of stitches instead of alphabet letters. The folk art symbols in the design were once painted on the furniture and accessories of many a Pennsylvania home.

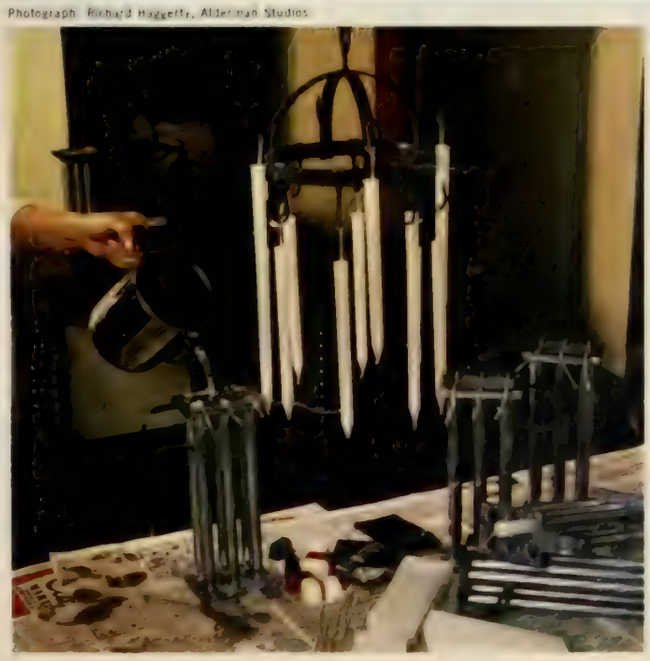
Our kit contains embroidery thread, needle, stamped linen background, and instructions. An 18x24-inch frame is also available.

Since candles were a major source of light in early American homes, each household used hundreds of them during the year. Rural families usually made their own from animal or vegetable fat that they formed by hand, dipped, or molded.

Now you can practice a simplified version of molding with a replica of an authentic nineteenth century mold. You can make six ten-inch tapers at a time in white or colors, scented or plain. Just set in the wicks, melt the wax, pour it in the mold, and allow to cool. Our kit contains mold, wax, scents and colors, wick and wick holders, and instructions.

To order candlemaking kit and sampler kit, see page 107

Photograph: Richard Haggerty, Alderman Studios





Dipped candles of beeswax hang from candle wheels in the restored kitchen of the Salem Tavern, in Winston-Salem, North Carolina.

Photograph: Clyde Baxter, Alderman Studios. Designer: B. J. Casselman



Photograph: Bill Helms



Stenciled wall designs were used as substitutes for costly wallpaper in rural New England. These motifs are from the Richardson House in Sturbridge Village, Massachusetts.

If you'd like to add a touch of authentic early Americana to a bedroom, consider making a stenciled coverlet like this. The design is contemporary, but the technique closely parallels the original. You can make your own coverlet or stencil the design on a plain one you already have. We chose unbleached muslin to correspond with the early coverlets made of homespun. Like the old examples, ours repeats one main motif, stenciled with fabric paints and bordered by a harmonizing motif.

This coverlet, like the early ones, is washable and meant for everyday use. Just be sure that you use paints designed for fabrics and follow our instructions for "setting" the motifs with a hot iron. **For complete step-by-step directions, turn to page 100.**

Photograph: Clyde Baxter, Alderman Studios. Designer: Judy Solomon



Even in frontier and farm areas, settlers furnished their homes with a variety of brightly colored floor coverings. Until the nineteenth century, many of these coverings were "floor-cloths," or heavy canvas fabric coated with painted designs. Sometimes thrifty colonists rejuvenated the carpets by patching them and stenciling on fresh designs.

In the Shaker communities, rugs were generally woven, hooked, or braided, in muted colors and simple designs. The crocheted rug above is an adaptation of a Shaker style, done in a contemporary color scheme. Overall size is about 60x100 inches, making it an excellent choice for a family room or informal living room. You crochet it with 12 shades of rug yarn in single and double stitches. **For instructions, see page 103.**

In the early nineteenth century, the art of stenciling on velvet, or "theorem painting," spread across New England. "Theorem" referred to the cut stencils used to make a design. Schools for cultured young ladies inevitably included this art in the curriculum of gentle occupations. The most common subjects were clusters of fruit or flowers stenciled on a white background.

Even if you're not an artist, you can produce a handsome theorem painting. That's one reason why this dry-brush technique became so popular. With a little practice, you'll be able to create paintings like these. Our kit has drawings for each stencil that you trace on our stencil paper and cut out to match the pictures.

To order theorem painting kit, see page 107.

Photograph: Sam Novak, American Graphics. Designer: George Hans



A treasury of American country cooking

Some great things just seem to get better—and that includes traditional country cooking. There's no better place to find marvelous homemade foods than at fairs across the country. During the past year we observed the judges evaluating food at the Oregon State Fair in Salem, the Champlain Valley Exposition in Essex Junction, Vermont, and the Iowa State Fair in Des Moines. Our three-state survey taught us the recipe for a successful fair: mix warm friendly people with an exciting whirl of activity. Here we share with you a sampling of ribbon-winning recipes that the prizewinners shared with us. You'll agree they all deserve top prize.

(Recipes pictured here plus *many more can be found in a special clip-out insert. Other recipes begin on page 87*

By Doris Eby, Food Editor

Oregon State Fair

Entry day often finds mother's baked goods and needlepoint traveling in the front of the pickup while her son's rabbits and prize lamb travel in the back. Then comes the rush of last-minute touch-ups to perfect the entries for judging. We were fortunate to be on hand when Mrs. Floy Storey of Corvallis, 35 miles from the fairgrounds, arrived laden with more than 75 baked goods. It was hard to imagine the pounds of flour, sugar, and butter, not to mention time and care, that went into her delectable entries.

The next day, judges carefully tasted and compared chocolate pies, spice cakes, bar cookies, etc., and faced the almost impossible task of choosing the winners.








Photographs: Fred Lyon, Banner & Burns



A *Red Cherry Pie* brings memories of family outings to orchards where fresh fruit was picked to preserve for the winter. This prize-winning pie adds a saucy sauce sparked with almond flavoring and cinnamon to juicy canned cherries. For a tender, flaky crust, use the regular *Pastry for 2-Crust Pie* or the can't-fail *Vinegar Pastry*.



This *Sour Cream Pound Cake* not only was awarded first prize by the judges in Oregon, but also won rave reviews from us here. The light, delicate texture and hints of lemon and orange make an unbeatable combination. Serve with a sprinkle of powdered sugar, or top with fruit sauce or a scoop of ice cream.



Rings of golden pineapple and ruby maraschino cherries sparkle under a buttery brown sugar glaze in this luscious *Pineapple Upside-Down Cake*. The giant cake will serve a crowd with ease. For an extra touch, don't forget to dollop the individual servings with whipped cream.

The Champlain Valley Exposition

Fresh fruits and vegetables, homemade quilts, and well-groomed livestock abound at the Champlain Valley Exposition. The fair, located in Essex Junction, Vermont, has special competition for the best quart of maple syrup in the county and for baked products using 100 percent pure Vermont maple syrup. Among the luscious baked goods at the fair are the traditional pies, cakes, rolls, cookies, yeast breads and quick breads, plus canned goods, jellies, and pickles. The Best-of-Show award highlights the final judging. After all the entries are compared and the top three prizes awarded in each category, the contestant with the most prizes wins this special recognition. Two winning recipes were *Blackberry Pie* and *Jule Kaga. (These recipes and more are in the special insert.)*



Photographs: Bill Helms, Banner & Burns



Featherlight best describes these *French Breakfast Puffs.* They're made special with a sprinkle of nutmeg in the batter before baking. Hot from the oven, the tender muffins get a light coating of melted butter before they're rolled in a spicy sugar mixture. Try them next time you want to add a very festive touch to a breakfast or brunch or to any meal, for that matter.



Pickle making brings with it the nostalgic aroma of cucumbers brewing in the brine. The crunchy pickles that we've featured here are *Green Tomato Dill Pickles, Bread and Butter Pickles,* and *Sweet Pickle Chunks.* Make them now and enjoy your handiwork the year round. Serve them as a meat accompaniment, a tangy addition to a hearty sandwich, or as a terrific snack that's really low in calories.



Polka-dotted with nuts and red cherries, *Cherry Pecan Bread* sports a fancy drizzled icing. A secret ingredient, buttermilk, gives a subtle tang to this sensational quick bread. It's perfect to serve on a fruit plate or along with coffee, punch, or milk. For a special treat, remember to pop the bread into picnic baskets and lunch boxes, too.












Iowa State Fair

The Iowa State Fair is constant motion and a barrage of scheduled activities and displays. Women compete in recipe contests, 4-H'ers proudly show their livestock after months of training and grooming, men compare their produce with neighbors, and the kids just enjoy it all.

Standing apart from the rest of the fairgrounds is the food judging area. It's tense and quiet. The judges and their helpers, all dressed in white, make their selections in a glassed-in room. Outside, the entrants wait in suspense —sometimes for hours—for the announcement of winners. *(Recipes in special insert.)*

Photographs: Taber Chadwick, Banner & Burn



Recapture old-world flavor in your own kitchen with delectable *Apricot-filled Daisy Coffee Bread*. Braids of rich roll dough coil up to take on a daisy shape—a bright addition to any table. Each petal of the wreath holds nectar: the melt-in-your-mouth honey and apricot filling. For the crowning touch, drizzle the Daisy with the sweet powdered sugar icing.



Sandwich connoisseurs prize the nutty flavor of *Rye Bread*. This award-winning bread, crusty on the outside and tender inside, is flavored with caraway seeds and a hint of brown sugar. We've pictured the round loaf here, but you can also bake the bread in the familiar loaf shape.



There's no waiting for the dough to rise when you make *Blueberry-Orange Nut Bread*. It's a "quick" bread; you mix the dry and liquid ingredients, fold in plump blueberries and walnuts, and bake. The great feature of this bread is that it keeps well for slicing on the second day—if there's a morsel left. Remember this delectable fruit bread for Christmas giving, too.

A treasury of cookies



PEANUT BLOSSOMS

1 cup granulated sugar
1 cup packed brown sugar
1 cup butter or margarine
1 cup creamy peanut butter
2 eggs
¼ cup milk
2 teaspoons vanilla
3½ cups sifted all-purpose flour
2 teaspoons baking soda
1 teaspoon salt
2 10-ounce packages milk chocolate candies

Cream sugars, butter or margarine, and peanut butter. Beat in eggs, milk, and vanilla. Sift together flour, soda, and salt; stir into egg mixture. Shape into balls; roll in additional granulated sugar. Place on ungreased cookie sheet; bake in 375° oven for 10 to 12 minutes. Immediately press a chocolate candy into each. Makes 7 dozen.



BLACK-EYED SUSANS

1¼ cups sugar
¾ cup *whipped* butter or margarine
2 eggs
1 teaspoon orange extract
2½ cups sifted all-purpose flour
1 teaspoon baking powder
1 teaspoon salt

Cream sugar and butter or margarine. Beat in eggs and extract. Sift together flour, baking powder, and salt; stir into egg mixture. Chill thoroughly. Cut two daisy-shapes from cardboard, one 4½-inches wide and one 3 inches (or use flower-shaped cookie cutters). On lightly floured surface, roll *half* the dough to ⅛ inch; cut equal numbers of two sizes of petal shapes. Place on cookie sheets; bake in 350° oven 5 to 6 minutes for small flowers and 8 to 10 minutes for large flowers. Brush immediately with Orange Glaze. Cool. Repeat with remaining half of dough. Add enough powdered sugar to remaining Glaze to thicken and use to secure smaller cookie to top of larger. Top with black gumdrop. Makes 2 dozen. *To make Orange Glaze:* combine 2 cups sifted powdered sugar, ¼ cup milk, ½ teaspoon orange extract and few drops yellow food coloring.



COCONUT CIRCLES

6 tablespoons butter or margarine
¼ cup sugar
1 cup sifted all-purpose flour
⅓ cup flaked coconut
¼ cup sugar
2 tablespoons butter or margarine
2 teaspoons all-purpose flour
1 tablespoon milk

Cream the 6 tablespoons butter or margarine and the ¼ cup sugar. Mix in the 1 cup flour; press into bottom and ¼ inch up sides of 20 muffin pans. Bake in 350° oven for 10 minutes. Divide Coconut Filling among shells. Bake for 10 to 12 minutes more. Cool 3 minutes; remove from pans. Makes 20. *To make Coconut Filling:* Combine coconut, the remaining sugar, the butter, flour, and milk. Cook and stir till thickened.



ORANGE DROP COOKIES

1½ cups packed brown sugar
1 cup butter or margarine
2 eggs
1 tablespoon grated orange peel
1 teaspoon vanilla
3 cups sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
¾ cup buttermilk

Cream brown sugar and butter or margarine; add eggs, orange peel, and vanilla. Beat till fluffy. Sift together flour, baking powder, soda, and salt. Add to creamed mixture alternately with the buttermilk, beating after each addition. Drop onto ungreased cookie sheet. Bake in 350° oven for 10 to 12 minutes. While cookies are warm, frost with *Orange Icing:* Combine 1 tablespoon grated orange peel, 3 tablespoons orange juice, and 3 tablespoons butter. Stir in 3 cups sifted powdered sugar. Makes 6 dozen cookies.



PINEAPPLE-FILLED COOKIES

1 cup butter or margarine
½ cup granulated sugar
½ cup sifted powdered sugar
1 egg
1½ teaspoons vanilla
2¾ cups sifted all-purpose flour
½ teaspoon baking soda
½ teaspoon cream of tartar
1 tablespoon water
½ cup pineapple jam
1 tablespoon cornstarch

Cream butter or margarine and sugars. Beat in egg and vanilla. Sift together flour, soda, and cream of tartar; beat into egg mixture. Chill. On floured surface, roll dough to ⅛ inch; cut with floured scalloped cookie cutters. Place ½ teaspoon Jam Filling in center of *half* the cookies. Cut out center of remaining cookies; place over filling. Seal. Bake in 350° oven for 10 to 12 minutes. Makes 2½ dozen. *To make Jam Filling:* Add water to jam; stir in cornstarch. Cook and stir till thickened. Cool.



DANISH PASTRY APPLE BARS

2½ cups sifted all-purpose flour
1 teaspoon salt
1 cup shortening
1 egg yolk
• • •
1 cup cornflakes
8 to 10 tart apples, pared and sliced (8 cups)
¾ to 1 cup sugar
1 teaspoon ground cinnamon
1 egg white

Combine flour and salt; cut in shortening. Beat egg yolk in measuring cup; add enough milk to make ⅔ cup liquid. Mix well; stir into flour mixture. On floured surface, roll *half* the dough to 17x12-inch rectangle; fit into and up sides of 15½x10½x1-inch baking pan. Sprinkle with cornflakes; top with apple. Combine sugar and cinnamon; sprinkle atop. Roll remaining dough to 15½x10½-inch rectangle; place over apples. Seal edges; cut slits in top. Beat egg white till frothy; brush on crust. Bake in 375° oven 50 minutes. Combine 1 cup sifted powdered sugar and 3 to 4 teaspoons milk; drizzle on warm cookies. Makes 3 dozen.

Swedish Tea Ring

3½ to 4 cups sifted all-purpose flour
1 package active dry yeast
1 cup milk
¼ cup sugar
¼ cup shortening
1 teaspoon salt
1 egg
2 tablespoons butter or margarine, melted
¼ cup sugar
1 teaspoon ground cinnamon
¾ cup chopped pecans

In large mixer bowl, combine 1¼ cups of the flour and the yeast. In saucepan, heat together milk, sugar, shortening, and salt just till warm, stirring occasionally to melt shortening. Add to dry ingredients in mixer bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a soft dough. Turn out on lightly floured surface; knead till smooth. Place in greased bowl, turning once to grease surface. Cover; let rise till double, 1¼ hours. Punch down; divide dough in half. Cover and let rest 10 minutes. Roll each half to 12x8-inch rectangle. Brush with melted butter or margarine. Combine the remaining sugar, the cinnamon, and the nuts; sprinkle evenly over dough. Roll each up jelly-roll fashion from long side; seal seam. Shape each in ring, sealing ends together. Place on greased baking sheets. With kitchen shears, snip ring almost to center at 1-inch intervals. Pull sections apart and twist slightly. Let rise till almost double, 45 minutes. Bake in 375° oven about 25 minutes. Remove from baking sheets; cool. Frost with confectioners' sugar icing and decorate with maraschino cherries and pecan halves, if desired. Makes 2 coffee rings.

Hamburger Buns

8 cups sifted all-purpose flour
2 packages active dry yeast
2 cups warm water
¾ cup cooking oil
½ cup sugar
1 tablespoon salt
3 eggs

In large mixer bowl, combine 4 cups of the flour and the yeast. Combine warm water, oil, sugar, and salt; add to dry mixture in bowl. Add eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a soft dough. Turn out on lightly floured surface; knead till smooth. Place in greased bowl, turning once to grease surface. Cover; let rise till double, about 1 hour. Punch down; divide dough in three portions. Cover and let rest 5 minutes. Divide each portion of dough in 8 balls. Turn ball in hand, folding edges under to make even circle. Press ball flat between hands. Place on greased baking sheet; press to 3½-inch circle. Let rise till double, about 30 minutes. Bake in 375° oven for 10 minutes. Brush tops with melted butter or margarine, if desired. Remove from baking sheets; cool. Makes 2 dozen buns.



STAPLE HERE

STAPLE HERE



America's Best Homemade Pies, Cakes and Breads





Cakes

Maple-frosted Golden Cake

2 cups sifted all-purpose flour
1¼ cups sugar
2½ teaspoons baking powder
1 teaspoon salt
1 cup milk
½ cup shortening
2 eggs
1 teaspoon vanilla
Maple Frosting

Into mixer bowl, sift together flour, sugar, baking powder, and salt. Add ¾ cup of the milk and the shortening. Beat 2 minutes on medium speed of electric mixer. Add the remaining milk, the eggs, and vanilla. Beat 2 minutes more. Pour batter into 2 greased and floured 8x1½-inch round layer cake pans. Bake in 350° oven for 35 to 40 minutes. Cool 5 minutes, remove from pan. When cool, frost with *Maple Frosting*. In saucepan, cook 1¼ cups maple syrup to soft ball stage (238°). Gradually add hot syrup to 2 stiff-beaten egg whites, beating constantly with electric mixer. Add ¼ cup sifted confectioners' sugar and beat till blended.

Sour Cream Pound Cake

2¾ cups sugar
1 cup butter or margarine
6 eggs
3 cups sifted all-purpose flour
½ teaspoon salt
¼ teaspoon baking soda
1 cup dairy sour cream
½ teaspoon lemon extract
½ teaspoon orange extract
½ teaspoon vanilla

In mixer bowl, cream together sugar and butter or margarine till light and fluffy. Add eggs one at a time, beating well after each addition. Sift together flour, salt, and soda; add to creamed mixture alternately with sour cream, beating after each addition. Add extracts and vanilla; beat well. Pour batter into greased and floured 10-inch tube pan. Bake in 350° oven for 1½ hours or till cake tests done. Cool 15 minutes, remove from pan. When cool, frost or sprinkle with confectioners' sugar, if desired.

Raisin Nut Bread

6 to 6½ cups sifted all-purpose flour
1 package active dry yeast
2¼ cups milk
½ cup sugar
½ cup shortening
2 teaspoons salt
1 cup raisins
1 cup chopped walnuts

In mixer bowl, combine 3 cups of the flour and the yeast. In saucepan, heat together milk, sugar, shortening, and salt just till warm, stirring occasionally to melt shortening. Add to dry ingredients in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in raisins, nuts, and enough of the remaining flour to make a moderately stiff dough. Turn out on lightly floured surface; knead till smooth, about 5 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise till double, about 1¼ hours. Punch down; divide dough in half. Cover and let rest 10 minutes. Shape in 2 loaves. Place in 2 greased 9x5x3-inch loaf pans. Cover and let rise till double, about 1 hour. Bake in 375° oven for 35 to 40 minutes. Remove from pans; cool. Frost with confectioners' sugar icing. Makes 2 loaves.

Whole Wheat Rolls

3½ cups stirred whole wheat flour
2 packages active dry yeast
2 cups milk
½ cup sugar
1 tablespoon salt
3 tablespoons shortening
2 eggs
3¼ to 3½ cups sifted all-purpose flour

In large mixer bowl, combine whole wheat flour and the yeast. In saucepan, heat together milk, sugar, salt, and shortening just till warm, stirring occasionally to melt shortening. Add to dry ingredients in mixer bowl; add eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough all-purpose flour to make a soft dough. Turn out on lightly floured surface; knead till smooth. Place in greased bowl, turning once to grease surface. Cover; let rise till double, 1½ hours. Punch down; cover and let rest 10 minutes. Shape in 24 rolls; place on greased baking sheets. Cover and let rise till almost double, 45 minutes. Bake in 400° oven for 15 to 20 minutes or till browned. Remove from baking sheets; cool. Makes 2 dozen rolls.



Onion Rolls

6 cups sifted all-purpose flour
2 packages active dry yeast
2¼ cups milk
2 tablespoons sugar
2 tablespoons instant minced onion
2 tablespoons cooking oil
1 tablespoon prepared mustard
1½ teaspoons salt
¼ teaspoon pepper
1 egg
¼ cup water
2 tablespoons instant minced onion

In large mixer bowl, combine 2½ cups of the flour and the yeast. In saucepan, heat together milk, sugar, the first 2 tablespoons instant minced onion, the cooking oil, mustard, salt, and pepper just till warm, stirring occasionally. Add to dry mixture in mixer bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn out on lightly floured surface; knead till smooth, about 5 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise till double, 45 to 60 minutes. Punch down; divide dough in half. Divide each half in 9 portions. Cover and let rest 10 minutes. Shape into rolls and flatten to 3½-inch circles; place on greased baking sheets. Let rise till double, 20 to 30 minutes. Combine water and the remaining onion; let stand 5 minutes. Combine 1 beaten egg and 2 tablespoons water; brush onto rolls. Sprinkle with onion mixture. Bake in 375° oven for 20 to 25 minutes or till done. Remove from baking sheets; cool. Makes 18 rolls.

Rye Bread

3 cups sifted all-purpose flour
2 packages active dry yeast
1 tablespoon caraway seed
2 cups water
½ cup brown sugar
1 tablespoon shortening
1 teaspoon salt
2½ cups stirred rye flour

In large mixer bowl, combine 2½ cups of the all-purpose flour with the yeast and caraway seed. In saucepan, heat together water, brown sugar, shortening, and salt just till warm, stirring occasionally to melt shortening. Add to dry ingredients in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in rye flour and enough of the remaining all-purpose flour to make a moderately stiff dough. Turn out on lightly floured surface; knead till smooth. Place in greased bowl, turning once to grease surface. Cover; let rise till double, about 1½ hours. Punch down; divide dough in half. Cover and let rest 10 minutes. Shape in 2 round loaves; place on 2 greased baking sheets. (Or shape in 2 loaves; place in 2 greased 8½x4½x2½-inch loaf pans.) Cover and let rise till double, about 40 minutes. Bake in 350° oven for 40 to 45 minutes. Cover during last 15 minutes if loaves brown too rapidly. Remove from baking sheets; cool. Makes 2 loaves.



Sweet Chocolate Layer Cake

1 4-ounce package sweet cooking chocolate
⅓ cup water
1 cup sugar
⅔ cup butter or margarine
3 egg yolks
1 teaspoon vanilla
1¾ cups sifted cake flour
1 teaspoon baking soda
½ teaspoon salt
⅔ cup buttermilk
3 stiff-beaten egg whites
Coconut-Pecan Icing

In saucepan, combine chocolate and the water. Stir over low heat till chocolate melts; cool. In mixer bowl, cream together sugar and butter or margarine till light and fluffy. Beat in egg yolks one at a time, beating well after each addition. Blend in vanilla and chocolate mixture. Sift together flour, soda, and salt. Add to creamed mixture alternately with buttermilk, beating well after each addition. Fold in egg whites. Pour batter in 2 greased and floured 9x1½-inch round layer cake pans. Bake in 350° oven for 25 to 30 minutes or till done. Cool 5 minutes; remove from pan. When cool, frost between and atop layers with *Coconut-Pecan Icing*. In saucepan, combine 1 slightly beaten egg, 1 6-ounce can evaporated milk, ⅔ cup sugar, 4 tablespoons butter or margarine, and a dash salt. Cook and stir over medium heat till mixture thickens and bubbles, about 12 minutes. Cool slightly; add 1 can (1⅓ cups) flaked coconut, ½ cup chopped pecans, and 1 teaspoon vanilla. Cool.

Applesauce Spice Cake

2½ cups sifted all-purpose flour
2 cups sugar
1½ teaspoons salt
1½ teaspoons baking soda
¼ teaspoon baking powder
¾ teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon ground allspice
1 16-ounce can (1½ cups) applesauce
½ cup shortening
½ cup water
2 eggs
1 cup raisins
½ cup chopped walnuts

Into mixer bowl, sift together flour, sugar, salt, soda, baking powder, cinnamon, cloves, and allspice. Add applesauce, shortening, and water; beat 2 minutes. Add eggs; beat 2 minutes more. Stir in raisins and nuts. Pour batter into 2 greased and floured 9x5x3-inch loaf pans. Bake in 350° oven for 55 to 60 minutes. Makes 2 loaves.

Buttermilk Spice Cake

2 cups sifted cake flour
1 cup granulated sugar
1 teaspoon baking powder
¾ teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
¼ teaspoon ground cloves
1 cup buttermilk
¾ cup brown sugar
½ cup shortening
3 eggs
Easy Penuche Icing

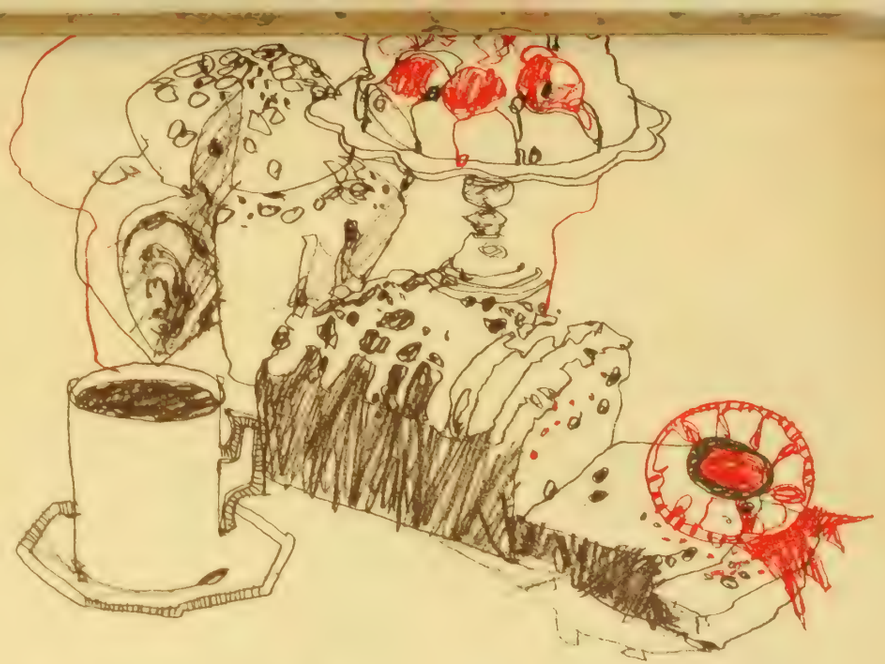
Into mixer bowl, sift together flour, the granulated sugar, the baking powder, soda, salt, cinnamon, and cloves. Add buttermilk, brown sugar, and shortening. Beat 2 minutes on medium speed of electric mixer. Add eggs; beat 2 minutes more. Spread batter in two greased and floured 9x1½-inch round layer cake pans. Bake in 350° oven for 25 to 30 minutes. Cool 5 minutes; remove from pan. When cool, frost with *Easy Penuche Icing*: In saucepan, melt ½ cup butter or margarine; stir in 1 cup brown sugar. Bring to boiling; cook and stir over low heat for 2 minutes. Stir in ¼ cup milk. Return to boiling, stirring constantly. Remove from heat and cool to lukewarm (120°). Gradually beat in 2½ cups sifted confectioners' sugar. Place saucepan in pan of cold water. Beat till of spreading consistency. If icing becomes too thick, beat in 1 to 2 teaspoons more milk.

Burnt Sugar Cake

1 cup sugar
1 cup boiling water
2¼ cups sifted cake flour
1 cup sugar
3 teaspoons baking powder
1 teaspoon salt
½ cup shortening
2 eggs
1 teaspoon vanilla
Creamy Burnt Sugar Icing

To make syrup: In heavy skillet, melt the first 1 cup sugar over low heat till clear and medium brown, stirring constantly. Remove from heat. Slowly add the boiling water, stirring constantly. Stir over low heat till caramelized sugar dissolves. Measure ½ cup syrup; set aside for icing. Add water to remaining syrup to make 1 cup liquid. Cool.

Into mixer bowl, sift together flour, the remaining sugar, the baking powder, and salt. Add shortening and ⅔ cup of the cooled syrup mixture. Beat 2 minutes. Add the remaining ½ cup syrup mixture, the eggs, and vanilla. Beat 2 minutes more. Pour batter into two greased and floured 8x1½-inch round layer cake pans. Bake in 350° oven for 30 to 35 minutes or till cake tests done. Cool 5 minutes; remove from pan. When cool, frost with *Creamy Burnt Sugar Icing*: In medium saucepan, melt together ¼ cup shortening and 4 tablespoons butter or margarine. Remove from heat; stir in 2 tablespoons cake flour and ¼ teaspoon salt. Slowly stir in the reserved ½ cup syrup. Bring to boiling, stirring constantly. Cook 1 minute. (Mixture may look curdled.) Remove from heat. Add 3 cups sifted confectioners' sugar alternately with 3 tablespoons water, beating after each addition. Stir in ½ teaspoon vanilla. Place saucepan in pan of cold water. Beat till icing is of spreading consistency. If icing becomes too thick, beat in 1 to 2 teaspoons more water.



French Breakfast Puffs

½ cup sugar
⅓ cup shortening
1 egg
1½ cups sifted all-purpose flour
1½ teaspoons baking powder
½ teaspoon salt
¼ teaspoon ground nutmeg
½ cup milk
½ cup sugar
1 teaspoon ground cinnamon
6 tablespoons butter or margarine, melted

In mixer bowl, cream together the first ½ cup sugar, the shortening, and the egg. Sift together flour, baking powder, salt, and nutmeg; add to creamed mixture alternately with milk, beating well after each addition. Fill 12 greased muffin pans ⅔ full. Bake in 350° oven for 20 to 25 minutes. Combine the remaining sugar and the cinnamon. Remove muffins from oven; immediately dip muffins in melted butter or margarine, then in the cinnamon-sugar mixture till coated. Serve warm. Makes 12 muffins.

Orange Date-Nut Bread

1 orange
2¼ cups sifted all-purpose flour
3 teaspoons baking powder
¾ teaspoon salt
1 cup chopped dates
¾ cup sugar
¾ cup chopped walnuts
3 well-beaten eggs
1 cup milk
3 tablespoons butter or margarine, melted

Quarter orange; remove peel. Scrape white membrane from inside of peel; cut peel in thin strips and chop to make ⅔ cup. In boiling water, cook peel till tender; drain and dry. Into mixing bowl, sift together flour, baking powder, and salt. Add the peel, dates, sugar, and nuts; mix well. Combine eggs, milk, and melted butter or margarine; stir into flour mixture just till dry ingredients are moistened. Pour batter into 9x5x3-inch loaf pan. Bake in 350° oven for 50 to 60 minutes or till done. Remove from pan; cool before slicing.

Jule Kaga

4½ to 5 cups sifted all-purpose flour
2 packages active dry yeast
¾ teaspoon ground cardamom
1¼ cups milk
½ cup butter or margarine
½ cup sugar
1 teaspoon salt
1 egg
1 cup mixed candied fruit
1 cup golden raisins

In large mixer bowl, combine 2½ cups of the flour with the yeast and cardamom. In saucepan, heat together milk, butter or margarine, sugar, and salt just till warm, stirring occasionally to melt butter. Add to dry mixture in mixer bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in fruits, raisins, and enough remaining flour to make a soft dough. Turn out on lightly floured surface; knead till smooth, 8 to 10 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise till double, 1¼ to 1½ hours. Punch down; divide dough in half. Cover and let rest 10 minutes. Shape in 2 loaves. Place in 9x5x3-inch loaf pans. Cover; let rise till double, about 45 minutes. Combine one slightly beaten egg yolk and 2 tablespoons water; brush over loaves. Bake in 350° oven for 35 to 40 minutes. Remove from pans; cool. Drizzle with thin confectioners' sugar icing and garnish with sliced almonds and red and green cherries, if desired. Makes 2 loaves.

Apricot-filled Daisy Coffee Bread

3 to 3½ cups sifted all-purpose flour
1 package active dry yeast
¾ cup milk
4 tablespoons butter or margarine
1 tablespoon sugar
1 tablespoon honey
1 teaspoon salt
2 eggs
½ cup apricot preserves
2 tablespoons chopped nuts
1 tablespoon honey
Confectioners' sugar icing

In large mixer bowl, combine 1½ cups of the flour and the yeast. In saucepan, heat together milk, butter or margarine, sugar, the first tablespoon honey, and the salt just till warm, stirring occasionally to melt butter. Add to dry mixture in mixer bowl; add eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough remaining flour to make a moderately stiff dough. Turn out on lightly floured surface; knead till smooth. Place in greased bowl, turning once to grease surface. Cover; let rise till double, about 1¼ hours. Punch down; cover and let rest 10 minutes. Roll dough to 14-inch circle. Place a beverage tumbler in center. Make 4 cuts in dough, at equal intervals, from outside of circle to glass. Cut each section in 5 strips in the same manner, making 20 strips in all. Twist two strips together; continue around circle making 10 twists in all. Remove and reserve one twist. Coil remaining twists toward center to form daisy design. Remove tumbler; coil reserved twist in center. Let rise till double, about 45 minutes. Bake in 375° oven for 25 minutes. Combine apricot preserves, nuts, and the remaining honey. Fill hot bread with apricot mixture. Glaze bread with confectioners' sugar icing.

Date-Nut Cake

1 cup hot water
1¼ cups finely snipped dates
1 cup sugar
¼ cup shortening
1 egg
1 teaspoon vanilla
1½ cups sifted all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ cup chopped walnuts

In bowl, pour hot water over dates; let stand till cooled. In mixer bowl, cream together sugar, shortening, egg, and vanilla till light and fluffy. Sift together flour, soda, and salt; add to creamed mixture alternately with date mixture, beating well after each addition. Stir in nuts. Pour batter into greased and floured 9x5x3-inch loaf pan. Bake in 350° oven for 50 to 55 minutes. (Or bake in 13x9x2-inch pan for 25 to 30 minutes.) Cool. Sift confectioners' sugar over top.

Spicy Prune Whip Cake

2 cups sifted cake flour
1⅓ cups sugar
2 teaspoons baking powder
¼ teaspoon baking soda
1 teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon ground allspice
½ cup shortening
½ cup prune juice
½ cup milk
1 teaspoon vanilla
2 eggs

Into mixer bowl, sift together flour, sugar, baking powder, soda, salt, cinnamon, nutmeg, and allspice. Add shortening, prune juice, ¼ cup of the milk and the vanilla; beat well. Add the remaining milk and the eggs; beat 2 minutes more. Pour batter into two greased and floured 8x1½-inch round layer cake pans. Bake in 350° oven for 30 to 35 minutes. Cool 5 minutes; remove from pans. When cool, frost with your favorite butter or cream cheese frosting.



Pineapple Upside-Down Cake

1 cup brown sugar
½ cup butter or margarine
1 20-ounce can pineapple slices, drained
9 or 10 maraschino cherries
1 cup granulated sugar
⅔ cup shortening
3 eggs
1½ teaspoons vanilla
2½ cups sifted cake flour
2½ teaspoons baking powder
½ teaspoon salt
1 cup milk

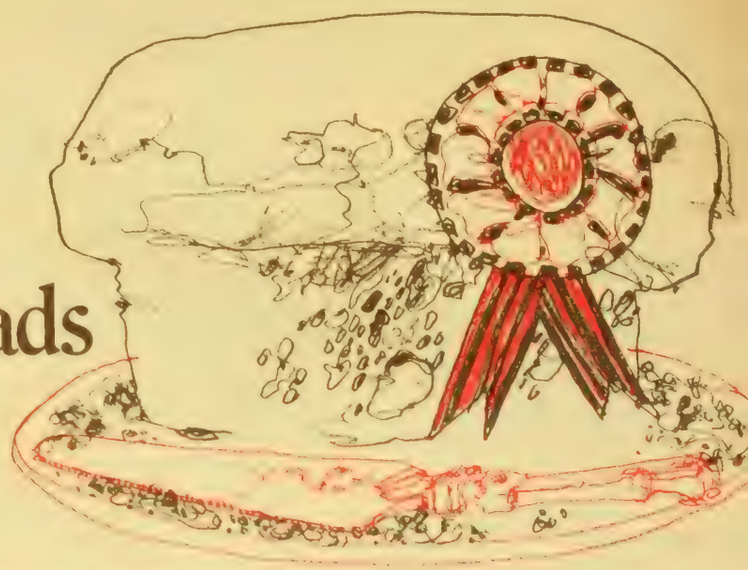
In 12-inch oven-going skillet, combine brown sugar and butter or margarine; cook and stir over low heat till mixture bubbles. Remove from heat; arrange pineapple slices and cherries in skillet in sugar mixture. In mixer bowl, cream together granulated sugar and shortening till light and fluffy. Add eggs one at a time, beating well after each addition. Add vanilla. Sift together flour, baking powder, and salt; add to creamed mixture alternately with milk, beating after each addition. Pour batter over fruit in skillet. Bake in 350° oven for 40 to 45 minutes. Invert warm cake onto serving platter. Serve warm or chilled with whipped cream, if desired.

Orange Layer Cake

1½ cups sugar
½ cup butter or margarine
1 tablespoon grated orange peel
2¼ cups sifted all-purpose flour
2 teaspoons baking powder
¼ teaspoon baking soda
½ teaspoon salt
¾ cup cold water
¼ cup orange juice
4 stiff-beaten egg whites
Orange Filling
Orange Buttercream Frosting

In large mixer bowl, cream together sugar and butter or margarine till light and fluffy. Add orange peel. Sift together flour, baking powder, soda, and salt. Combine water and orange juice; add to creamed mixture alternately with dry ingredients, beating well after each addition. Fold in egg whites. Pour into two greased and floured 8x1½-inch round layer cake pans. Bake in 375° oven for 30 minutes or till cake tests done. Cool 5 minutes; remove from pans. When cool, spread Orange Filling between layers. Frost top and sides with Orange Buttercream Frosting. *To make Orange Filling:* In saucepan, combine ½ cup sugar, 2 tablespoons cornstarch, 1½ teaspoons grated orange peel, and ¼ teaspoon salt. Gradually blend in ¾ cup orange juice, ¼ cup water, and 2 slightly beaten egg yolks. Cook over medium heat, stirring constantly, till mixture thickens and bubbles. Remove from heat; stir in 2 tablespoons butter till melted. Cool. *To make Orange Buttercream Frosting:* In mixer bowl, cream 6 tablespoons butter; add one 16-ounce package (4½ cups) sifted confectioner's sugar, 1 tablespoon grated orange peel, dash salt, and 4 to 6 tablespoons orange juice to make of spreading consistency. Beat till frosting is smooth and creamy.

Breads



Blueberry-Orange Nut Bread

3 cups sifted all-purpose flour
¾ cup sugar
3 teaspoons baking powder
¼ teaspoon baking soda
1 teaspoon salt
3 eggs
½ cup milk
½ cup butter or margarine, melted
1 tablespoon grated orange peel
⅔ cup orange juice
1 cup fresh, frozen, or drained, canned blueberries
½ cup chopped walnuts

Into mixing bowl, sift together flour, sugar, baking powder, soda, and salt. Beat together eggs, milk, melted butter or margarine, orange peel, and juice; stir into flour mixture just till dry ingredients are moistened. Fold in blueberries and nuts. Pour batter into greased 9x5x3-inch loaf pan. Bake in 350° oven for 60 to 70 minutes. Remove from pan; cool. Wrap in foil and store overnight before cutting in slices to serve.

Cherry Pecan Bread

¾ cup sugar
½ cup butter or margarine
2 eggs
2 cups sifted all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 cup buttermilk
1 cup chopped pecans
1 10-ounce jar maraschino cherries, drained and chopped (1 cup)
1 teaspoon vanilla

In large mixer bowl, cream together sugar, butter or margarine, and eggs till light and fluffy. Sift together flour, soda, and salt; add to creamed mixture with the buttermilk. Beat till blended. Stir in nuts, cherries, and vanilla. Pour batter into greased 9x5x3-inch loaf pan. Bake in 350° oven for 55 to 60 minutes. Remove from pan; cool. Glaze with confectioners' sugar icing, if desired.

Apple-Apricot Tarts

¾ cup sugar
½ cup water
½ teaspoon grated lemon peel
1 tablespoon lemon juice
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Dash salt
2 tablespoons apricot preserves
2 medium apples, pared and coarsely shredded (2 cups)
Pastry for 2-crust pie

In medium saucepan, combine sugar, water, lemon peel, and juice. Bring to boiling; reduce heat and simmer, uncovered, for 5 minutes. Add butter or margarine. Combine flour, cinnamon, nutmeg, and salt; stir in the apricot preserves. Stir apricot mixture and shredded apple into lemon mixture in saucepan. Cook and stir till mixture thickens and bubbles; cook 1 minute more. Roll pastry to ⅛-inch thickness. Using 4½-inch round cutter, cut pastry into eight circles; fit into 8 muffin pans. Spoon filling into shells using about ¼ cup for each. Bake in 450° oven for 10 minutes. Reduce temperature to 350°; bake 5 to 10 minutes more or till crust is lightly browned and filling is bubbly. Cool in pans. Serve with wedges of sharp cheddar cheese, if desired. Makes 8 tarts.

Raisin Pie

2 cups raisins
1½ cups water

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½ cup sugar
2 tablespoons all-purpose flour
½ cup chopped walnuts
1 teaspoon grated lemon peel
3 tablespoons lemon juice
Pastry for 2-crust pie

In saucepan, combine raisins and water; cook, covered, for 10 minutes or till raisins are plumped. Combine sugar and flour; stir into raisins. Cook over low heat, stirring constantly, till mixture thickens and bubbles. Cook 1 minute more. Remove from heat; stir in nuts, lemon peel, and juice. Line 9-inch pie plate with pastry; add hot raisin mixture. Adjust top crust; cut slits to allow steam to escape. Bake in 425° oven for 30 to 40 minutes. Cover edge of crust with foil strip if edges brown too quickly.

Blackberry Pie

1¼ cups sugar
⅓ cup all-purpose flour
2 tablespoons cornstarch
⅛ teaspoon salt
4 cups blackberries
Pastry for 2-crust pie

Combine sugar, flour, cornstarch, and salt; toss with blackberries. Line 9-inch pie plate with pastry. Add blackberry mixture. Adjust top crust; cut slits to allow steam to escape. Bake in 400° oven for 40 to 45 minutes.

Pies



Vinegar Pastry

Into mixing bowl, sift together 3 cups sifted all-purpose flour, 1 tablespoon sugar, 1½ teaspoon salt, and ½ teaspoon baking powder. Cut in 1¼ cups shortening till mixture resembles small peas. Combine 1 beaten egg, 5 tablespoons water, and 1 tablespoon vinegar. Sprinkle 4 tablespoons of the mixture over flour mixture and mix lightly with fork. Add 4 more tablespoons egg mixture; continue mixing till pastry just holds together. Gather dough together with hands and press into ball. Wrap in waxed paper or clear plastic wrap; chill 15 minutes. Divide dough in half; roll out each half between two pieces of clear plastic wrap.

Pastry for 2-Crust Pie

2 cups sifted all-purpose flour
1 teaspoon salt
⅔ cup shortening

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5 to 7 tablespoons cold water

Sift together flour and salt; cut in shortening with pastry blender till pieces are the size of small peas. (For extra tender pastry, cut in *half* the shortening till like cornmeal. Cut in remaining till like small peas.) Sprinkle 1 tablespoon water over part of mixture. Gently toss with fork; push to side of bowl. Repeat till all is moistened. Form into 2 balls. Flatten each on lightly floured surface by pressing with edge of hand 3 times across in both directions. Roll from center to edge till ⅛-inch thick.

Chocolate Marshmallow Pie

16 large marshmallows
½ cup milk
1 8-ounce milk chocolate candy bar with almonds, broken into chunks
1 cup whipping cream
1 9-inch baked pastry shell

In top of double boiler, combine marshmallows and milk. Place over hot water; stir mixture till marshmallows melt. Add chocolate bar; stir till melted and smooth. Cool to room temperature. Whip cream; fold into marshmallow mixture. Turn into baked pastry shell. Cover with waxed paper or clear plastic wrap. Refrigerate at least 6 hours or overnight.

Pumpkin Pie

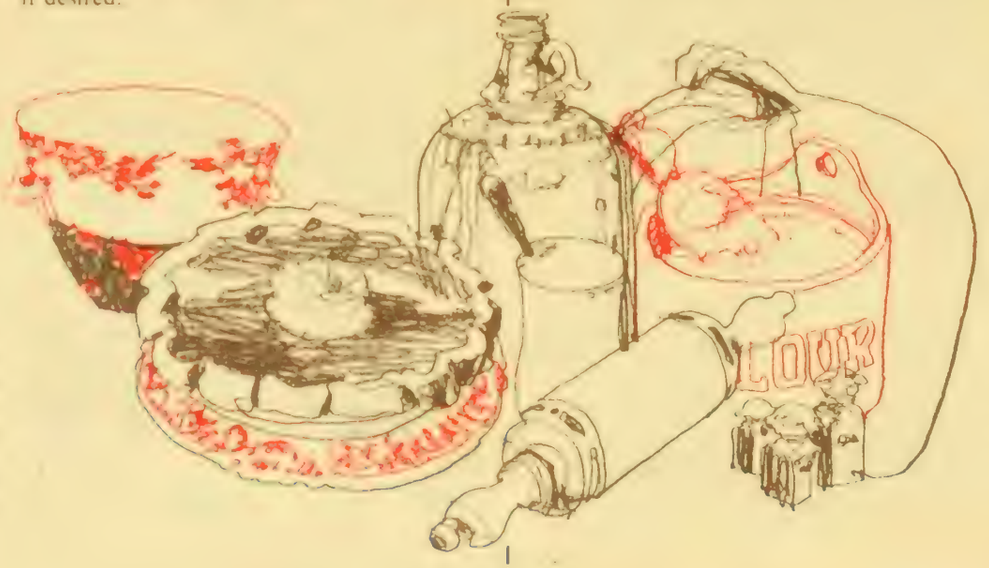
1½ cups canned pumpkin
¾ cup sugar
½ teaspoon salt
1 teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon ground cloves
2 slightly beaten eggs
1 14½-ounce can (1⅔ cups) evaporated milk
1 9-inch unbaked pastry shell

Combine pumpkin, sugar, salt, cinnamon, ginger, and cloves; blend in eggs. Stir in evaporated milk. Pour into pastry shell. Bake in 425° oven for 15 minutes. Reduce oven temperature to 350° and bake 45 minutes more or till knife inserted just off-center comes out clean.

Banana Cream Pie

⅓ cup sugar
3 tablespoons cornstarch
¼ teaspoon salt
1½ cups milk
2 slightly beaten egg yolks
2 tablespoons butter or margarine
2 teaspoons vanilla
2 egg whites
¼ cup sugar
1 9-inch baked pastry shell
2 bananas, sliced (1½ cups)

In medium saucepan, combine the ⅓ cup sugar with the cornstarch and salt. Blend in milk, then egg yolks. Cook and stir over medium heat till thickened and bubbly. Remove from heat; stir in butter or margarine and vanilla. Cool to room temperature. Beat egg whites till soft peaks form; gradually add the remaining sugar and beat till stiff peaks form. Fold into egg yolk mixture. In pastry shell, alternate layers of banana slices and cream filling. Cover and chill. Top with whipped cream and additional sliced bananas to serve, if desired.



French Silk Chocolate Pie

½ cup butter or margarine
¾ cup sugar
2 squares (2 ounces) unsweetened chocolate, melted and cooled
1 teaspoon vanilla
2 eggs
1 8-inch baked pastry shell

In mixer bowl, cream butter or margarine; gradually add sugar, creaming till light. Blend in chocolate and vanilla. Add eggs, one at a time, beating 3 minutes after each addition, on medium speed of electric mixer. Turn into pastry shell. Chill several hours. Garnish with whipped cream and chocolate curls, if desired.

Fresh Peach Pie

¾ to 1 cup sugar
3 tablespoons all-purpose flour
5 cups sliced fresh peaches
Pastry for 2-crust pie
2 tablespoons butter or margarine

Combine sugar and flour. Pour over sliced peaches in bowl; toss to coat peaches evenly. Line 9-inch pie plate with pastry. Add peaches; dot with butter or margarine. Adjust top crust; cut slits to allow steam to escape. Bake in 425° oven for 35 to 45 minutes.

Red Cherry Pie

1¼ cups sugar
5 tablespoons cornstarch
¼ teaspoon ground cinnamon
2 16-ounce cans pitted tart cherries
½ teaspoon almond extract
5 drops red food coloring
Pastry for 2-crust pie
1 tablespoon butter or margarine

In saucepan, combine ¾ cup of the sugar, the cornstarch, and cinnamon. Drain cherries, reserving 1 cup liquid. Measure 3½ cups cherries and set aside. Stir the 1 cup cherry liquid into cornstarch mixture. Cook and stir over medium heat till mixture thickens and bubbles. Add the remaining sugar, the almond extract, and food coloring. Stir in the 3½ cups cherries. Line 9-inch pie plate with pastry; add cherry mixture. Dot with butter or margarine. Adjust top crust; cut slits to allow steam to escape. Bake in 425° oven for 45 to 55 minutes.



We deliver fresh tomato flavor.

M'm! M'm! Good!





La Choy® swings American with

Yankee Noodle Dandies

The no-bake summer cookies.

Melt 1 package (6 oz.) semi-sweet chocolate pieces and 1 package (6 oz.) butterscotch pieces in top of double boiler over hot water. Remove from heat. Quickly stir in 2 cans (3 oz. each) LA CHOY Chow Mein Noodles and ½ cup chopped peanuts (or cashews) until they are evenly coated. Drop by teaspoonfuls onto waxed paper. Chill. Store in refrigerator until ready to serve. Makes 36 cookies.

Insurance against crime *Begins on page 24*

made crime insurance available under private state-wide FAIR plans. Coverage is similar to that offered by the federal program. Lock requirements and rules for inspection vary according to state.

If you live in an area not considered to be exposed to heavy crime risks, you may be able to purchase insurance through a private company. If you own and live in a one or two-family dwelling, you may obtain a homeowner's policy which covers you, among other things, for burglary and theft. There's a similar policy covering household contents and personal belongings for apartment or house renters.

Be sure you understand exactly what is and is not covered by your policy—and for how much. Valuables such as furs, jewelry, antiques, and paintings should be insured under a separate policy if they are worth more than the few hundred dollars' coverage provided for such items.

- **What if your private policy is canceled?**

If you're in a state where there is no government program, you may have to shop around. The best thing to do is go to your agent and discuss the possibility of increasing security. Perhaps he can recommend locks or alarms that are not unreasonably expensive, yet might make insurance available to you again in the private market. If that's impossible or too costly, look for some high-risk insurance at higher-than-normal premiums—but be sure the cost is not greater than the possible loss you are risking. ■

What are the best ways to rent a car?

That depends on what kind of car you need, what choices are available, where you're picking up the car, where you're driving it, and where you're dropping it off. Before you sign your name to a rental agreement, it's advisable to call around to compare costs, insurance coverage, special plans and packages.

Comparing prices

Don't just assume that the "Big Three"—Hertz, Avis, and National—offer more efficient, higher quality, more luxurious service. And don't take it for granted that you always do better on price with the "Big Three's" competition. The fact is, all the following considerations determine cost, and you should look carefully at your specific needs.

1. Kind of car. The possibilities are nearly inexhaustible, so keep in mind what you need. Are you renting a car while yours is in the shop? Is the car for a weekend outing? Or for business or vacation in a faraway city? The bigger and more luxuriously equipped a car is, the more it will cost. There's no point in renting a station wagon if you could get by with a compact.

Hertz, Avis, and National Car Rental offer the widest selections of late-model cars. They have sports cars, luxury cars, sedans, station wagons, convertibles, and even cars with ski racks and snow tires. The "discount" companies, such as Econo-Car and Airports, have smaller fleets and offer fewer models. Depending on the city, they may rent compacts, full-size sedans with air-conditioning, even convertibles. Big-city firms—Kinney, for instance, which operates out of Washington, D.C., New York, and Chicago—also offer less of a variety.

Some small local firms have a very limited variety of models, and condition of the cars may range from good to not very good. Though you may have no guarantee of quality, it might be worth checking out any such possibilities. These outfits sometimes charge substantially less than the bigger firms. (Check to see if you're allowed to drive the car in another state—and if there's out-of-state insurance.)

2. *Location.* Where you rent the car makes a difference. In New Orleans and San Francisco, for instance, Hertz and Avis charge $15 a day and 15 cents a mile for a standard sedan. In New York, the same car costs $17 a day and 17 cents a mile. In Kansas City, the price is $16 and 16 cents.

3. *Mileage.* Most companies charge a flat rate for the car per day, plus a few cents a mile. Package plans sometimes include free mileage.

4. *Gas and oil.* Usually companies include gas and oil in the standard rate. (Keep all your receipts.) Not all package plans include gas and oil, however, so check beforehand. Also, you sometimes have the option of paying gas and oil yourself, with the car rates dropping a bit.

5. *Drop-off charges.* The large companies can give you a better deal. In most cities there are no drop-off charges at all. In very small cities where it will be difficult for the companies to retrieve the car, the "Big Three" usually charge about $15 or more. (National charges $7.50 in some areas.) Econo-Car charges nothing in major cities; elsewhere, it's $10 to $25.

6. *Insurance.* Always ask about insurance. Not all small companies include it in their rates. If they do, it may be secondary insurance; that is, it covers you only after your personal insurance stops.

All the large companies do include insurance in their rates. Standard coverage is $100,000 for one person killed or injured, $300,000 for all persons, and $25,000 property damage. Collision insurance has a $100 deductible clause, but for an extra $2 a day you can have the deductible waived. Before purchasing a waiver, try to calculate your risks. You could be adding quite a bit to the cost of the rental.

7. *Type of company.* The "Big Three" car rental companies have the highest rates because their overhead is high and they offer a wide variety of exclusive services. The lower overhead of the discount companies means lower rates. Even though these companies don't maintain expensive airline counter services, often you can phone to be picked up and driven by car or bus to a nearby office.

Prices for comparable cars run something like this (there may be variations on weekends and multiple weekdays): In New Orleans, Hertz, Avis, and National charge $15 a day and 15 cents a mile for a standard sedan. Airports charges $13 and 13 cents; Econo-Car, $9 and nine cents. In New York City, National and Hertz charge $17 and 17 cents for a standard sedan. Avis charges $17 and 16 cents. Airports charges around $14 and 14 cents (depending on where in New York). Econo-Car charges $10.50 a day, nine cents a mile.

Smaller companies may seem cheaper. Some of them are, but be aware that low advertised rates may not tell the whole story. A company that boasts of dollar-a-day rates may restrict mileage. Another may charge a lot for mileage. Also, insurance rates may be high, or coverage insufficient.

Package plans

Many companies offer a variety of weeklong or weekend packages designed to suit the special needs of all kinds of people. Here, again, the big companies will probably serve you best. If you give them all the

they may help you save
y, too.
example, Hertz offers a
eek, $119 plan with free
ge up to 1,000 miles. The
ust be returned to the orig-
enting station—except in
a and California, where a
g station anywhere in the
will do. Avis has a similar
ge for $109; National, for
50.
ny companies also offer
l monthly plans with rates
g by mileage, type of car,
lace of return.

Reservations

en it's not necessary to
reservations, but it's usual-
e to do so at least a week in
ice. For special holiday
nds, or if there's going to
convention or other crowd
rer in town, reserve as
as a month in advance.
way, you'll be sure to have
r you need waiting for you.

Rental documents

most cases, you'll need a
driver's license and some
kind of identification to
a car. Most firms like you
ve a credit card: if it's one
accept, they'll require no
deposit. Some companies
offer discounts on certain
cards, though not for
ge plans. Without a credit
you'll probably have to pay
in advance equal to the
nt of the estimated bill.
st companies require that
e over 21 years old. To rent
Avis or National, you must
er 25, or have a major
card. Rules and age limits
or second drivers, so check
e you turn over the wheel
meone else.

Renting abroad

ually it's as easy to rent
d as it is in the U.S. It's
to get reservations in ad-
and in writing. Your U.S.
e works most places in
rn Europe, Canada, and
co. For Turkey, eastern
pe, Spain, Portugal, or
ce, get an international
r's license from car rental
or the American Automo-
Association. In Canada and
co, be sure you have proper
ance. Check with your
. ■

ney Management
t
nth:

ow much is your house
orth?
ax break for child care
een-age car insurance
osts
o-load mutual funds

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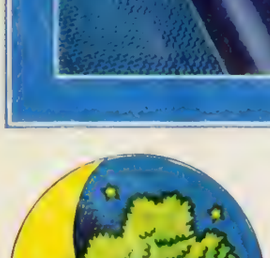
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The caught-in-the-rye sandwich dedicated to Rye, New Yo





You can catch a lot of good tasting sandwich ideas on rye bread and here's one of them.

For each sandwich, cover the slice of toasted rye with 2 slices of Kraft Swiss Singles pasteurized process cheese food. Top with eggs scrambled with green onion and pimento and sprinkle with cooked, crumbled bacon.



It's an unusual sandwich and the Swiss Singles provide the fine swiss cheese flavor it needs, with all the goodness of a protein packed dairy food.

Pick from a variety including Swiss, American, Salami and Pimento Singles. Each slice is individually wrapped to stay fresh and good. So it'll be a fine day for a sandwich anytime you're ready.

KRAFT

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You don't have to live in Rye, New York to give a sandwich a chan



Buying information, page 121

FAST SUMMER VEGETABLES

Cheese-topped Green Beans

A crunchy topping makes tender green beans the top winner in the fast category of summer vegetables—

1 pound fresh green beans
1 cup water
½ envelope (¼ cup) onion soup mix
3 tablespoons butter or margarine
¼ cup slivered almonds, toasted
3 tablespoons grated parmesan cheese
½ teaspoon paprika

Wash beans; remove ends. Cut beans in 1-inch pieces. In medium saucepan, combine beans, water, and onion soup mix. Bring to boiling; simmer 15 to 20 minutes or till beans are tender. Drain beans. Turn into serving dish; stir in butter or margarine till melted. Combine almonds, parmesan cheese, and paprika; sprinkle over beans. Makes 6 to 8 servings.

Mrs. Thomas A. Police, New Philadelphia, Ohio

Cut along dotted line



Photographs: Dieter

FILE UNDER VEGETABLES

FANCY SUMMER VEGETABLES

Vera Cruz Tomatoes

Bacon and spinach filled tomatoes rate the top fancy award—

3 strips bacon
¼ cup chopped onion
8 ounces fresh spinach, snipped
½ cup dairy sour cream
Dash bottled hot pepper sauce
4 medium tomatoes
½ cup (2 ounces) shredded mozzarella cheese

Cook bacon till crisp; drain, reserving 2 tablespoons drippings. Crumble bacon and set aside. Cook onion in reserved drippings till tender; stir in spinach. Cook, covered, till tender, 3 to 5 minutes. Remove from heat; stir in sour cream, bacon, and pepper sauce. Cut tops from tomatoes; remove centers, leaving shells. Drain. Salt shells; fill with spinach mixture. Place in 8x8x2-inch baking pan. Bake in 375° oven for 20 to 25 minutes. Top with shredded cheese; bake 2 to 3 minutes more or till melted. Makes 4 servings.

Mrs. Guy Smith, Kansas City, Mo.

Better Homes NEW COOK BOOK

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ADD TO YOUR COOK BOOK



Golden Crumb Broccoli Casserole

1½ pounds fresh broccoli, cut up (6 cups)
1 can condensed cream of mushroom soup
¼ cup mayonnaise or salad dressing
¼ cup (1 ounce) shredded sharp process American cheese
1 tablespoon chopped pimiento
1½ teaspoons lemon juice
⅓ cup rich round cheese cracker crumbs (6 crackers)

In covered saucepan, cook broccoli in small amount of boiling salted water for 10 to 15 minutes; drain. Turn into 1½-quart casserole. Combine soup, mayonnaise, cheese, pimiento, and lemon juice. Pour over broccoli. Top with cracker crumbs. Bake in 350° oven for 35 minutes. Makes 6 to 8 servings. *Anne Ryckman, Grand Rapids, Mich.*



Cheese-stuffed Zucchini

1 pound zucchini (2 medium)
¼ cup finely chopped onion
1 tablespoon butter or margarine
¼ cup cream-style cottage cheese
¼ cup cooked rice
1 slightly beaten egg
1 tablespoon snipped parsley
¼ teaspoon salt
⅛ teaspoon dried basil, crushed
2 slices (2 ounces) sharp process American cheese, cut in 16 strips

Trim ends of zucchini; cook in small amount of boiling salted water for 8 minutes or till just tender. Halve lengthwise; scoop out centers and dice. Cook onion in butter or margarine till tender. Stir in zucchini, cottage cheese, rice, egg, parsley, salt, and basil. Lightly salt shells; fill with cottage cheese mixture. Place in 11¾x7½x1¾-inch baking dish. Bake, covered, in 350° oven for 25 minutes. Place 4 cheese strips on each half. Bake, uncovered, 5 minutes more. Makes 4 servings. *Mrs. B. Getschmann, Bremerton, Wash.*



Eggplant Patties

An easy vegetable patty sparked with sharp American cheese—

1 medium eggplant, pared and cubed
1¼ cups rich round cracker crumbs (20 crackers)
1¼ cups (5 ounces) shredded sharp process American cheese
2 slightly beaten eggs
2 tablespoons snipped parsley
2 tablespoons sliced green onion
1 clove garlic, minced
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons cooking oil

In covered saucepan, cook eggplant in boiling water till tender, about 5 minutes. Drain very well and mash. Stir in crumbs, cheese, eggs, parsley, onion, garlic, salt, and pepper. Shape into 8 patties about 3 inches in diameter. Cook in hot oil about 3 minutes on each side till golden brown. Makes 4 servings. *Rebecca Kloster, Davis, Calif.*



Ivy League Beets

A tasty and saucy version of popular harvard beets—

1 pound fresh beets
1 tablespoon cornstarch
⅓ cup water
¼ cup strawberry jam
2 tablespoons lemon juice
¼ teaspoon salt
¼ teaspoon pumpkin pie spice
2 tablespoons butter or margarine

In covered saucepan, cook beets in small amount of boiling, salted water till tender, about 35 minutes. Drain, pare, and slice beets. In same saucepan, combine cornstarch, water, jam, lemon juice, salt, and pumpkin pie spice. Cook, stirring constantly, over medium heat till mixture thickens and bubbles; stir in sliced beets and butter or margarine and heat through. Makes 4 servings. *Mrs. Lee Holcomb, Arvada, Colo.*



Can you see what's wrong with this tomato?

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How to make the pie on the cover



Photograph

CHERRY-PEACH PIE

Homemade peach ice cream is the superb "a la mode" for fresh fruit pie—

3 cups peeled, sliced peaches
2 cups pitted tart red cherries
¾ cup sugar
¼ cup cornstarch
1 tablespoon lemon juice
2 tablespoons butter or margarine
1 recipe pastry for double crust pie

In bowl, combine peaches, cherries, and sugar. Let stan room temperature for 1½ hours. Thoroughly drain fruit, re ing syrup. If necessary, add water to syrup to make 1 cup li In medium saucepan, combine cornstarch and the 1 cup syrup. Cook and stir till mixture thickens and boils. Re from heat and stir in lemon juice. Gently fold in drained and turn into pastry-lined 9-inch pie plate. Dot with b or margarine.

To make basket-lattice top, roll out remaining pastry, 18 strips ¾-inch wide with pastry wheel. Weave lattic baking sheet generously sprinkled with sugar, keeping s very close together. Tilt baking sheet over far edge of fille and slip lattice onto filling. Trim, seal, and flute edge. Bak 400° oven about 35 minutes. Cool. Serve topped with h made Peach Ice Cream.

PEACH ICE CREAM

Make this ahead, so that it has about four hours to ripen—

½ cup sugar
1½ teaspoons unflavored gelatin
4 cups light cream
1 slightly beaten egg
1 teaspoon vanilla
¼ teaspoon almond extra
Dash salt
3 cups mashed peaches
¾ cup sugar

Combine the ½ cup sugar and the gelatin. Add *half* the cr Stir over low heat till gelatin dissolves. Slowly stir a s amount of hot mixture into egg; mix well. Return to remai hot mixture; cook and stir till mixture thickens slightly, a 1 minute. Chill. Add remaining cream, vanilla, almond ext and salt. Combine crushed peaches and the ¾ cup sugar. to the chilled mixture. Freeze in ice cream freezer accor to manufacturer's directions. Let ripen about 4 hours. M about 2 quarts.

Not everyone knows Kraft makes real mayonnaise.

Pity.



Kraft makes real mayonnaise with lots of whole eggs, and extra egg yolks, too. But it takes more than eggs to make a great mayonnaise. So Kraft uses a carefully selected blend of pure vegetable oils. Then Kraft beats it in their own special way, until this mayonnaise is creamy-smooth. And its fluffy texture blends perfectly with other foods. Spreads smoothly on sandwiches, makes a tasty topping on salads, too. Discover Kraft real Mayonnaise now, in the handy, wide-mouth reusable jar.

Celebration Sandwich Loaf

Fillings: Combine 1½ C. ground, cooked ham with ⅓ C. chopped pickle, 1 T. Kraft Prepared Mustard and ½ C. Kraft Mayonnaise. Combine 7¾ oz. can salmon, drained, flaked; ⅓ C. sliced ripe olives, salt, pepper and ¼ C. Kraft Mayonnaise.
Combine 6 hard-cooked eggs, chopped; 1 T. chives, 2 T. chopped pimiento, salt, pepper and ¼ C. Kraft Mayonnaise.
Combine 1½ C. ground cooked chicken, ⅔ C. drained, crushed pineapple, ¼ C. chopped green pepper, salt, pepper and ⅓ C. Kraft Mayonnaise.
Sandwich Loaf: Remove crusts from 16-inch long loaf unsliced white bread, cut in 5 lengthwise slices. Spread each with margarine and a filling. Stack layers; chill.
Combine 3 8-oz. pkgs. softened Philadelphia Brand Cream Cheese, ½ C. Kraft Mayonnaise; mix well. Frost Sandwich Loaf, reserving ¾ C. mixture for decorating. Garnish. Chill. 12 servings.

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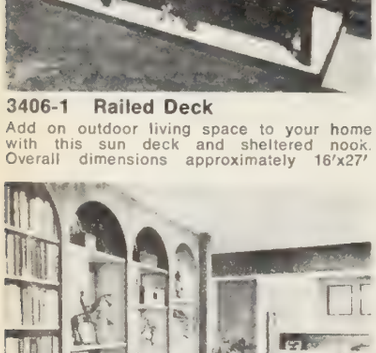
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Alcoholism

Begins on page 20

panions, often more than he intended, and a great deal more than he used to.

■ He can't have a good time without drinking; it's a "must" for picnics on the beach, golf, fishing, card-playing, attending football games, and the like.

■ He doesn't sip his drinks, but gulps them down.

■ He indulges in some solitary drinking, often on the sly.

There is, in addition, one important warning sign that is significant in itself. It's called a "blackout."

A blackout is not the same as "passing out"; the person doesn't lose consciousness, and he behaves in what appears to be a normal manner while he's drinking. He may not even have had more than two or three drinks, although "blackouts" are usually produced by heavy drinking. Afterward, the drinker has no recollection of episodes following his drinking, or even that they took place.

☐ **It takes years of heavy drinking to become an alcoholic**

Not always. Once a person's drinking has gone out of control and is creating problems in the different areas of his life, he is said to have become addicted to alcohol and in the acute stage of alcoholism. Generally, it takes an average of ten years of heavy drinking to reach that point. But there's no rule about it. For some individuals, the disease begins with the very first drink. With others, it takes three to five years of what experts consider moderate drinking. And there are people who drank heavily for 20 and 30 years before they showed signs of addiction, while others have been drinking as much and as long with no apparent ill effects.

☐ **Only a certain type of person can become an alcoholic**

Researchers used to think so, too, and tried to paint a personality picture of addiction-prone individuals by studying the behavior and characteristics of chronic alcoholics. In doing so, they noted many striking similarities. The subjects were, for example, typically sensitive, easily frustrated, unable to cope with anxiety or tension, and tended toward feelings of depression and inferiority; many showed signs of emotional immaturity, hostility, guilt, and sexual problems.

But the theory simply could not stand up to scientific scrutiny, mainly because no set of characteristics could be assembled that would apply to them all. Furthermore, it could not be determined if the traits they exhibited were an inherent part of their personality, or had developed as a result of their addiction. Most authorities, in fact, are inclined to say there is no such thing as an "alcoholic personality," and any type of person is a candidate.

☐ **Alcohol is the sole cause of alcoholism**

Obviously, no one can become an alcoholic without the use of alcohol. But authorities regard it as an *agent*, and not the cause of alcoholism. If it were the cause, they say, everyone who drinks would become addicted to it. Which isn't, of course, the case.

What actually does cause alcoholism is still a mystery, although several unproven theories recently have been advanced. It has been suggested, for example, that there is a basic physical difference in the way alcohol is disposed of in the body of an alcoholic. Another theory is that alcoholism is caused by a glandular malfunction, and nutritional deficiency is also suspect. Some say the disease is due to an abnormal emotional background, while others attribute it to serious psychiatric illness.

The informed concensus is that psychological, physical, social, and cultural conditions all contribute to alcohol addiction. However, most authorities do not discount the possibility that a single underlying cause, sometimes referred to as the X-factor, may be at the root of the problem.

☐ **A person can't inherit alcoholism**

No evidence has been unearthed to specifically relate alcoholism to heredity, but there is a substantial amount of research that indicates alcoholism does run in families. Children of alcoholic parents, for example, are considered by authorities to be extremely high-risk individuals. And while their greater susceptibility might be accounted for by an unfavorable home atmosphere, learned attitudes regarding drinking, and imitation of adult behavior, some experts feel that the discovery of a direct genetic connection—either as a predisposition to alcoholism or an immunity to it—is not as remote as most people think.

☐ **Alcohol doesn't cause cirrhosis of the liver**

It's long been known that only a small percentage of alcoholics—an estimated ten percent

-develop cirrhosis of the liv-
. If alcohol were the cause
f cirrhosis, the reasoning once
ent, a much greater percent-
ge of alcoholics would get this
sease. Most medical authori-
es assumed that the true cause
f the prevalence of cirrhosis of
ie liver in alcoholics (eight
mes more frequent) was mal-
utrition, caused by the inclina-
on to drink rather than eat.
ut now they're not sure.

Cirrhosis of the liver means
arring of the liver, and recent
udies have shown that even
nall doses of alcohol unques-
onably cause scar tissue in the
ver. Other studies confirm
iat when people with ad-
anced cirrhosis of the liver
op drinking, their condition
iows striking improvement.
s for the theory that malnu-
ition is the cause of this dis-
ase in alcoholics, studies say
iat it's simply not so.

"For the first time," says
r. Frank A. Seixas, medical
irector of the National Coun-
l on Alcoholism, "we're get-
ng medical evidence which
onfirms the observations doc-
rs have made—and dodged—
r years: alcoholism and cir-
iosis are very closely linked."

Alcoholism is an allergy

ormer alcoholics sometimes
efer to their addiction as an
allergy," but do not use the
ord in its scientific sense.
Vhat they mean is that they
act to alcohol differently.

It is possible, of course, for
n individual to be allergic to
ny of the ingredients used in
ie distilling process, as well as
the alcohol itself. But if he
ere, his allergy wouldn't
anifest itself as alcoholism.
n such cases, the sensitivity
ould more likely produce
ymptoms similar to those that
ccur in other allergies, such as
neezing in hay fever or hives
n food allergy. Also, allergies
o not ordinarily lead to a crav-
ng for the substance that
auses them *after* the reaction.

Alcoholism can't be cured

o be technical about it, an
lcoholic can't be "cured." It
ould mean restoring him to a
ondition that enables him to
rink in a controlled manner,
nd the majority of experts
gree that, because alcoholism
s a lifelong addiction, this usu-
lly can't be done. But the
lness can be interrupted, and
e can recover through absti-
ence and treatment.

Modern methods of treating
lcoholism include: *medication*,
hich is used to ease the dis-
omforts of withdrawal, to
treat any medical complica-
tions that may be present, and
sometimes to induce an aver-
sion to alcohol; *counseling* or
therapy, which consists of
treating the psychological or
emotional aspects of the prob-
lem: and *Alcoholics Anony-
mous*, a worldwide fellowship
of nearly half a million people
who succumbed to alcoholism
and now share their own ex-
periences in the hope of draw-
ing strength and inspiration to
solve their common problems.

Reports of success from var-
ious sources range from 15 to
80 percent, but the method
employed seems to be less of a
determining factor in recovery
than early treatment, the pa-
tient's earnest desire to get
well, and the support of those
close to him. ■

The Hotpoint Automatic Ice Bucket. For the family that drinks.



Anytime you want ice it's right in the freezer door. Just flip open the Exterior Ice Service and help yourself without having to open the freezer.

No more struggling with ice trays. No more spilling water all over the floor as you carry refilled ice trays back to the refrigerator.

You can even take out the whole bin when the call for ice gets heavy. And since the automatic icemaker can make up to 5 lbs. of cubes a day, you have to really try to run out of ice.

Of course, the Hotpoint Side-by-Side never needs defrosting. And the amazing thing about it is that it packs 23.8 cubic feet into less than 36 inches of width. The fresh-food area is a little under 15 cubic feet, while the freezer is over 8.8 cubic feet.

Other features are adjustable cantilever shelves, a convertible meat conditioner that offers different temperatures for produce and meat, adjustable door shelves, and the whole thing sits on wheels so you can move it easily for cleaning behind or waxing under it.

The Hotpoint No-Frost Side-by-Side is indeed a beauty. But it is only one of an entire line of refrigerators made by Hotpoint. And like every Hotpoint appliance—washers, and dryers, air conditioners, ranges, dishwashers, disposers and trash compactors—they are built to last for a life of dependable performance.

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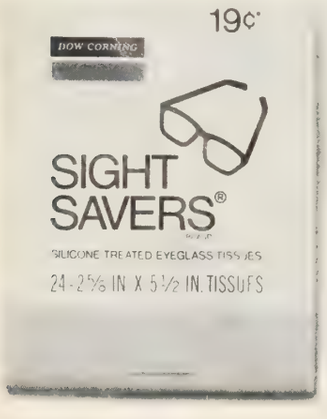
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Sleeping bags

Begins on page 8

tending from chin to toe that open from either end. The benefit here is that you can open the bottom to cool your feet without exposing your shoulders and back to the breezes.

Accessories

For added comfort, you'll want something between your sleeping bag and the hard ground. You have three choices: a cot, an air mattress, or a foam pad.

Cots, particularly those that stack to form bunks, are great if you have room to haul them, and you limit your camping to the warm summer months. They get you off the ground, and you can store your gear beneath them. However, if your camping trips take you to cool country, don't take a cot. As your body weight compresses sleeping bag insulation, air beneath the cot quickly dissipates body heat—your shivering will keep you awake.

Air mattresses fold compactly for storage, so they have long been favorites of car-camping families. Although sharing the cot's heat-dissipating fault, air mattresses are perfectly adequate for warm weather campers. Buy only those of rubberized or vinylized fabric; the inexpensive plastic mattresses may let you down just when you need support most.

A few hints on using an air mattress: Don't inflate it all the way. Fill it about two-thirds, or just enough so you can feel the ground when sitting on it. Then when you lie down it will conform to your body shape. Also, although many sleeping bags have an air mattress pocket, you'll sleep more comfortably if you just lie on top of the mattress. When you put the mattress in the bag, the bag fits as snugly as a straitjacket and is about as comfortable.

Pads made of polyurethane or other plastic foam materials are gaining acceptance among all types of sleeping bag campers. They can be used year-round because they're excellent insulators. And they can't spring an air leak. While generally quite lightweight, most are as bulky as a rolled-up sleeping bag. But, if you have room to carry foam pads, by all means do so. They're your best insurance for a warm, comfortable night in a sleeping bag.

Tips on keeping warm

- You'll find many bags come with specific comfort rating: 25 to 50 degrees, for example. Pay attention to these ratings, but remember that they are averages. If at home you sleep with windows shut, heat on, and under a pile of blankets, choose a bag with a temperature rating a little lower than the temperatures you expect on your trip. If you're a warm sleeper, get the next higher rating. But remember, there's no all-around bag. The best advice is to buy the bag that's best for most of your camping—most likely a summer-weight bag. Then, if you take off for high altitudes or colder weather, purchase a down inner bag. It will make any bag up to 25 degrees warmer.
- What you wear to bed may determine how comfortably you sleep. Don't sleep in your clothes. Since they don't breathe properly, you'll wake up cold and damp in the middle of the night. Flannel pajamas are the best choice, and some are available like the ones you haven't worn for years—the bottoms have feet.
- Unroll your bag as soon as you set up camp. This will give the insulating material a chance to attain maximum resilience. Then, before retiring, shake the bag vigorously. This serves a double purpose: it fluffs the bag and gives you just enough exercise to raise your own body temperature.
- As soon as you wake up, unzip the bag completely or turn it inside out and hang it on a line to air out. Then it will be dry and fluffy when it's time to turn in for the night.
- A pillow provides more than a soft spot to rest your weary head. It also helps stop drafts from blowing into the bag.
- Your feet and head lose heat fastest. Wear wool socks or insulated booties to bed in cold weather, and top off your sleeping ensemble with an old-fashioned sleeping cap. A wool ski cap will do in a pinch.
- With a little care, a sleeping bag will last almost forever. Keep it clean. A protective outer bag will take abrasion and keep the cover sound. A liner will make cleaning less frequent. When the bag does need cleaning, follow the manufacturer's instructions. Some bags are washable, but only in large commercial tumble-type washers. Your agitator washer is likely to tear the cover. If your bag has been dry cleaned, hang it up to air for a day or two before rolling it up. This gives the dry-cleaning solvents a chance to escape completely. ■

Country cooking

See page 63

Special thanks to the following people for sharing their prizewinning fair recipes with us: Mrs. Arline F. Barovick, Vermont; Mrs. Wesley E. Bristol, Vermont; Mrs. James Elgin, Oregon; Eileen S. Fisher, Vermont; Mrs. Don Flickinger, Iowa; Miss Joyce Fuhr, Oregon; Dolores Green, Oregon; Jana R. Gunn, Oregon; Mrs. Herbert Harmon, Iowa; Doris Hawkins, Oregon; Robin Hipp, Oregon; Miss Maureen Kelley, Vermont; Mrs. Agnes McComb, Oregon; Mrs. James Meier, Vermont; Barb Miles, Vermont; Marlyn Miller, Oregon; Mrs. Harris Nieuwsma, Iowa; Mrs. Dorothy Peters, Oregon; Mrs. Betty Prominski, Oregon; Mrs. L. W. Pray, Iowa; Joan B. Quiring, Oregon; Mrs. John Steddom, Iowa; Mrs. Floy Storey, Oregon; Mrs. Don Taylor, Iowa; Howard Thomas, Oregon; Mrs. Alida Tomlinson, Vermont; Brenda Williamson, Vermont; Kathy Zajchowski, Vermont.





SWEET PICKLE CHUNKS

Crunchy cucumber pieces—

10 medium cucumbers (5 pounds)
8 cups sugar
2 tablespoons mixed pickling spices
4 teaspoons salt
4 cups vinegar

Cover whole cucumbers with boiling water; let stand overnight. Drain. Repeat for 3 more days. On fifth day, drain and cut into bite-size chunks. Combine remaining ingredients; bring to boiling and pour over cucumber chunks. Cover and let stand for 2 days. Then, bring mixture to full boil; fill hot, scalded jars to ½ inch of top. Adjust lids. Process in hot water bath for 5 minutes (start timing as soon as jars are placed in water). Makes 9 pints.

GREEN TOMATO DILL PICKLES

Add a few slices of onion to each jar, if desired—

5 pounds small firm green tomatoes
Garlic cloves
Fresh dill heads or dillseed
Whole cloves
1 quart vinegar
1 quart water
⅓ cup salt



Wash tomatoes, slice ¼-inch thick. Pack loosely in hot quart jars. To each quart add: 3 or 4 heads dill *or* 2 tablespoons dillseed, 1 garlic clove, and 1 whole clove. Heat vinegar, water, and salt to boiling; pour into hot jars to within ½ inch of top. Adjust lids. Process in boiling water bath for 20 minutes (start timing as soon as jars are placed in water). Makes 5 quarts.

BREAD AND BUTTER PICKLES

Great with grilled hamburgers—

6 quarts sliced medium cucumbers (12 cucumbers)
6 medium onions, sliced
1 cup salt
1½ quarts vinegar
6 cups sugar
¼ cup mustard seed
2 teaspoons celery seed
¼ teaspoon cayenne

Combine cucumbers, onions, and salt; let stand 3 hours. Drain and rinse. In large kettle, combine vinegar, sugar, mustard seed, celery seed, and cayenne; bring to boiling. Add cucumbers and onions. Return to boiling. Remove from heat. Fill hot jars



to within ½ inch of top; adjust lids. Process in boiling water bath for 5 minutes (start timing when water returns to boiling). Makes 8 pints.

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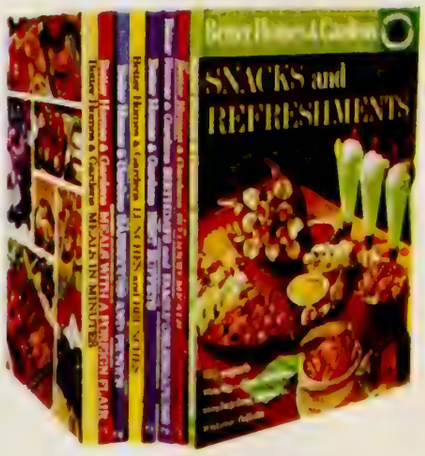
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Snacks &



Stockpile some snack ideas and follow through at the supermarket. Face up to the fact that your family and friends enjoy snacks and be prepared with some refreshing treats.

Make a note to keep a good supply of "dippers" in your kitchen. Go beyond the crackers and chips with celery, carrot sticks, cauliflowerets, radishes and cherry tomatoes. The vegetables will gain a new popularity at your house when you serve them with a zippy dip.

Another way to spell "guests" is f-o-o-d. Whether it is a planned party or an unexpected pleasure, serving a snack that wins compliments will make you feel successful.

Since family members have been known to favor a late evening, after school or an "anytime" snack . . . there's really no need to wait for guests.

Creamy Braunschwiger Dip

½ pound (1 cup) Braunschwiger
1 cup dairy sour cream
1 envelope onion-soup mix
1 teaspoon Worcestershire sauce
Few drops bottled hot pepper sauce

Combine ingredients; chill till serving time.

A cook's tour of

Lipton
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Take your dinner guests on an oriental taste excursion.

It's all aboard at Shanghai for Shrimp Toast appetizers. Stop over in Peking for Chicken and Peppers. Wind up in Hangchow for Barbecued Spareribs. Your journey through Chinese cuisine is tastefully made with Lipton's® Onion Soup Mix. You get just the right amount of onion flavor blended with just the right amount of seasonings. Serve with plenty of hot tea, and fortune cookies for dessert. We predict: "Success will come to you soon."



DEEP FRIED SHRIMP TOAST

1 envelope Lipton Onion Soup Mix
2 pounds raw shrimp, shelled, deveined, and ground or finely chopped
2 eggs, beaten
2 teaspoons flour
12 to 16 slices white bread, trimmed, each cut into 4 triangles
Fat for deep frying
Heat fat to 365°

In large bowl, combine Lipton Onion Soup Mix with shrimp, eggs, and flour; mix well. Spread on bread triangles. Fry in deep fat until browned. Makes about 48 appetizers.

FAMILY FOOD IDEAS

Refreshments

FAMILY FOOD IDEAS

When you want to impress the ub or your committee (or your sband, for that matter) try an sy but elegant dessert.

Chocolate Chiffon Dessert

1 envelope (1 tablespoon) unflavored gelatin
¼ cup cold water
⅔ cup chocolate-flavored syrup
½ teaspoon vanilla
1 cup evaporated milk, chilled icy cold
Wafer Crust

Soften gelatin in cold water. eat syrup; add gelatin and stir l gelatin dissolves. Cool to om temperature. Add vanilla. n chilled bowl, whip milk; d in chocolate mixture. Chill l mixture mounds slightly ien spooned. Pour over Wafer ust. Chill firm. Cut in 9 uares.

Wafer Crust: Mix 1 cup va-la-wafer crumbs, ¼ cup opped walnuts, 3 table-oons melted butter; press mly in bottom of 8x8x2-inch n. Chill.

When the occasion calls for punch, give it a slightly different, very refreshing taste for a hot summertime affair.

Spicy Harvest Punch

Tea Base, cooled
1 pint bottle cranberry-juice cocktail
1½ cups water
½ cup orange juice
⅓ cup lemon juice, few lemon slices

Combine ingredients. Chill. Serves 6 to 8.

Tea Base: Pour 2½ cups boiling water over 2 tablespoons tea leaves and ¼ teaspoon each allspice, cinnamon, nutmeg. Cover; steep 5 minutes. Strain. Add ¾ cup sugar.

A hot snack is special—especially when you can serve it without spending a long time in the kitchen. A hot sandwich on a bun is good anytime, but tremendous as a follow-up for an outdoor event.

Broiler Tuna Burgers

Combine one 6½- or 7-ounce can tuna, flaked, with 2 tablespoons chopped onion and 2 tablespoons chopped sweet pickles. Moisten with ¼ cup mayonnaise.

Split and toast 5 hamburger buns; butter bottom halves and spread with tuna mixture. Top each with slice of sharp process cheese. Broil 5 inches from heat 4 minutes or till cheese melts. Add bun toppers. Makes 5 sandwiches.

These recipes and ideas are all from the Better Homes and Gardens Creative Cooking Library book Snacks and Refreshments. There are 150 ideas for snacks, dips, nibbles, sandwiches, desserts and tidbits in this tempting cook book.

The advertisers in this Family Food Ideas section offer this book as well as the other seven books in the Library to you at special savings. The Family Food Ideas advertisers below and on the following pages also offer you a head start on your search for new food ideas.

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BARBECUED SPARERIBS

1 envelope Lipton Onion Soup Mix
1½ cups water
⅓ cup honey
¼ cup soy sauce
2 tablespoons sherry
1 tablespoon sugar
1 clove garlic, minced
1 teaspoon ginger
4 pounds spareribs, cracked and cut into 1-rib portions

In large bowl, combine Lipton Onion Soup Mix, water, honey, soy sauce, sherry, sugar, garlic, and ginger; add ribs and marinate 2 hours, turning frequently.

Preheat oven to 350°. Place ribs on rack in shallow roasting pan. Roast 1¼ hours or until tender and crisp; turning and basting occasionally with marinade. Makes about 6 servings.

CHICKEN AND PEPPERS

2 chicken breasts, boned and cut into 1-inch squares
1 envelope Lipton Onion Soup Mix
3 tablespoons cooking oil
3 tablespoons soy sauce
1 clove garlic, minced
3 teaspoons cornstarch
2 sweet peppers (1 green, 1 red) cut into 1-inch squares
3 ribs celery, cut into ½-inch slices
8 green onions (scallions) cut into ½-inch slices
¾ cup cold water
½ teaspoon sugar

In medium bowl, combine chicken with Lipton Onion Soup Mix, 1 tablespoon oil, 1 tablespoon soy sauce, garlic, and 1 teaspoon cornstarch; marinate 20 minutes.

In large skillet, heat remaining oil and cook peppers and celery over high heat, stirring frequently, 3 minutes; add green onions and cook 2 minutes; remove from pan. Add chicken to skillet and cook 3 minutes.

In small bowl, mix remaining soy sauce and cornstarch with water and sugar. Add to skillet with vegetables; simmer 3 minutes. Makes about 4 servings.

FAMILY FOOD IDEAS



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FAMILY FOOD IDEAS

Old house

Begins on page 36

you know that termites can enter the cellar only through cracks in the wall, and that they must have access to water and therefore must live in nests that remain outdoors? Did you know that when termites come into the cellar, through those cracks, they use their own spittle to build tunnels along the cellar walls from the original crack to the beam that they have come to eat? And that if the tunnel is scraped away by the homeowner the termites will rebuild the tunnel before moving on in search of the foundation beam? That if they cannot find a foundation beam to eat, they will continue building their tunnel all ov cellar wall until it circles to its original crack, th which the termites move c ever searching?

To deal with termites, of workmen must drill hol the cellar beams and inje beams with poison, and they must dig trenches a the house, where the te may or may not be living inject more poison int ground. In my case, the p ing and repairing cost fou dred dollars, which I didn't and so the bank paid th adding its usual usury fe by the time I finished my n ly payments, I probably something close to one per termite. But my advi Go down into the cellar and test the beams with a knife, because the U.S. D ment of Agriculture says something like 70 percent houses in this country have, or have had, or will termites.

Enough of disasters in depths of the cellar. kitchen presented much mo teresting problems. The ki according to my wife in c her bitter moods, is the wo purgatory. It is the per prison, the dirty laborator site of the grease-stained and the pan-filled sink. T child, on the other hand, a the husband who remembe childhood, the kitchen i center of warmth and sec the center of the home itself

When I was a boy, I most of my days in the kit a sanctuary warmed by a b topped coal stove, and b steam from the stone la tub, and by matronly ser from Prince Edward Island constantly brewed pots o and occasionally petted the boy nesting in the corner u neath the vast ironing boar I have always thought o kitchen as the best place t and to talk, and to just s

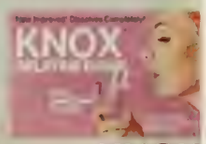
The kitchen in the old was made for people like r had an enormous fireplace two enormous andirons that topped by two enormous nonballs. To the left sto brick-walled Dutch oven tending perhaps seven feet the hearth below to the above. Overlooking all thi had hung our chief cerem kitchen picture, Breughel's *of Icarus*, the classic portra pride confounded and life umphant.

The main unpleasantne this Utopia, according to wife's periodic outbursts of plaint, was that the floor o black asphalt tile was crum away. She had seen sedu



Surprise! Family nutrition is a glass of grapefruit.

Family nutrition is a drink of cool, delicious freshness. It's the pure, crisp taste of pink grapefruit with all the nutrition of gelatine protein and all the Vitamin C people need in a day. It's a total-dissolving, never-gelling, nail-strengthening Knox Gelatine Drink in pink grapefruit, orange, grape, and cranberry-orange



KNOX SURPRISE! GELATINE DRINKS

than four hours of uninterrupted banging.

At the end, the hammerer can survey his immaculate field of Masonite for only a day or two —during which all cooking must stop—before the tile men come to cover it up with the long-awaited blue and white tiles. The final result is beautiful—or, rather, was beautiful—but a little impractical. White tile on a kitchen floor means that the whole place must be scrubbed twice a day.

Then came the wallpapering. I grew up—perhaps you did too—thinking that wallpapering was an immensely complicated art, requiring platoons of skilled technicians in striped uniforms and white hats.

To counter this fear, I suppose, the wallpaper companies have produced the phenomenon of pre-glued wallpaper. It comes with a wax-covered cardboard box, which you fill with water. Dip the pre-glued paper into the water-filled box, and then hang it on the wall. By the time one has worked through this series of simplifications, one realizes that one might just as well shed one's fears and return to the old-fashioned system. A sack of wallpaper glue costs eighteen cents per pound, and a large brush doesn't cost much more. Instead of dipping the pre-glued paper into the pre-waxed cardboard box, you just find a large board (a kitchen table will do) and slop on the glue with the brush.

Rules:

Don't be afraid. It's only paper and glue. The worst that can happen is that you have to throw it away and try again. After two or three mistakes, anybody can master it.

Don't do it alone. The husband, being the taller, should stand on the kitchen chair and hold the top of the strip of wallpaper to the ceiling. The wife, being the more practical, should make sure that the sides and bottom of the strip fit in their proper places.

Don't worry about first appearances. The newly applied wallpaper is wet. It will look much better when it dries. This means that you can apply patches to all defects, and nobody will notice the flaws once the glue has dried.

Wipe and wipe again. A damp cloth, pressed outward and downward, will solve almost all the problems, all the wrinkles and air bubbles, that appear insoluble at first.

Reprise: Don't be afraid. Buy any pattern you like, but re-

Continued

advertisements in various magazines, showing young matrons gliding across floors of pseudo-Spanish, pseudo-stone tiles, hexagons of earthy brown, whereas your poor floor could be scoured and waxed for hours without ever losing its look of dark dilapidation. For some reason that I have forgotten, probably after an argument over the general state of the house, I promised my wife a new kitchen floor to go with the Breughel, blue and white tiles of a brightness worthy of anything in Flanders.

On investigating the prices, I found, as usual, that they ranged from the wild to the absurd, and so, as usual, I decided to do the job myself. Or at least the preparatory work. It was really very simple, the floormen said. All I had to do was to cover the old floor with squares of Masonite and to nail down the Masonite with rows of nails six inches apart. The new surface would then be as flat as the Zuider Zee, and ready for the Delftian blue and white tiles.

The main problem in nailing a half-inch layer of Masonite squares to one's kitchen floor is that this new surface will prevent anyone from opening any of the doors, and in our baronial kitchen, we had three main doors, two vast cupboards, and the Dutch oven. One alternative, I thought, would be to scrape up the old black tiles from the oaken flooring, but after one hour with a chisel, I decided that it couldn't be done. The only solution, then, was to take all the doors off their hinges, and to saw a half inch off the bottoms. Boring work, but I found that it could be done.

And then the Masonite. The material itself cost relatively little (about $35), but those deceptively simple instructions about a nail every six inches turned out to be rather like the story of the peasant who asked the emperor to double the number of grains of wheat on every square of the chess board. The kitchen was about ten feet by twenty, which meant that each row of twenty nails must intersect a row of forty. Twenty nails times forty means eight hundred nails, which is a purely abstract number until you move across the kitchen floor, after a day's work at the office, first sawing away at the Masonite to make sure that each piece fits around the fireplace, and the oven, and under the refrigerator, and behind the dishwasher. And then, on your hands and knees, you start hammering in those 800 nails. At a rate of three nails per minute, the hammering of 800 nails takes more



KNOX SURPRISE! GELATINE CREATIONS



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6 glorified ground beef dishes



SPICY MEAT PIE

Creamy Best Foods replaces shortening to make pastry stir-together easy.

- 2 pounds ground beef
- 3/4 cup chopped onion
- 2 cloves garlic, minced
- 1 1/2 cups bouillon
- 1 teaspoon ground sage
- 1/2 teaspoon ground mace
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cloves
- 3/4 cup chopped celery leaves
- 3 tablespoons Argo® corn starch
- 1/4 cup water
- 1 recipe Mayonnaise Pastry (below)

Saute meat, onion and garlic in large skil Stir in next 6 ingredients. Mix corn sta and water; stir in gradually. Bring to boil; duce heat and simmer, covered, about minutes. Remove from heat. Prepare pas

Mayonnaise Pastry

- 2 cups sifted flour
- 1 teaspoon salt
- 1/2 cup BEST FOODS Real Mayonnaise
- 3 tablespoons cold water

Mix flour and salt; blend in Real Mayonna with fork. Sprinkle on water; mix well. Pr firmly into ball. Divide almost in half. Flat larger portion; roll out on lightly floured s face into 12-inch square. Place in 8 x 8 x inch baking pan. Fill with meat mixture. F out remaining pastry. Place over meat m ture; seal edges. Cut slits. Brush with e yolk and water, if desired. Bake in 42 oven 30 minutes. Serves 6.



FAMILY FOOD IDEAS

GROUND BEEF STROGANOFF

Best Foods won't separate even when heated in a recipe like this.

- 1 pound ground beef
- 1/2 cup chopped onion
- 1 (4-ounce) can sliced mushrooms, drained
- 1/2 teaspoon garlic salt
- 1/2 teaspoon dry mustard
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/2 cup dairy sour cream
- 1/2 cup beef bouillon
- Hot rice or noodles

Saute first 5 ingredients in skillet until beef is browned and onion is tender. Drain fat. Combine next 3 ingredients; stir into meat mixture. Cook over low heat 10 to 15 minutes or until hot. Serve over rice or noodles. Serves 4.



CROWN MEAT LOAF

Delicate Best Foods makes a fluffy-light topping.

Make your favorite meat loaf recipe using 1 1/2 pounds ground beef. Bake in 350°F oven 30 minutes; then remove from oven. Make topping below:

- 3 egg whites
- 1/2 teaspoon cream of tartar
- 1/2 cup BEST FOODS Real Mayonnaise

Beat egg whites with cream of tartar until soft peaks form when beater is raised. Fold in Real Mayonnaise. Spread on meat loaf. Return to oven for 20 minutes or until lightly browned. Serves 6.

Best Foods, a Division of CPC International Inc. cpc® International

hat start with Real Mayonnaise.

nd that's the other name for Best Foods.®

akes fresh, delicate Real Mayonnaise to make everyday
und beef taste so special. If it's smooth and creamy
ough to blend deliciously in everything from sauces
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ole-egg Best Foods.



QUICK CHILI BEAN TACOS

ersatile Best Foods takes the humdrum out of hamburgers.

- 1 pound ground beef
- 1/2 cup chopped green pepper
- 1/4 cup chopped onion
- 1 (1-pound) can red kidney beans, drained
- 1 tablespoon chili powder
- 1/2 cup BEST FOODS Real Mayonnaise
- Shredded lettuce
- 6 English muffins, split and toasted
- Shredded Cheddar cheese

rown first 3 ingredients in skillet. Drain fat; add beans. Stir
chili powder, then Real Mayonnaise. Heat over low heat
st until hot. Arrange lettuce over muffins; spoon on meat
ixture. Sprinkle with cheese. Serves 6.



EASY HAMBURGER QUICHE

Whole-egg Best Foods makes this quiche extra luscious.

- 1 unbaked 9-inch pastry shell
- 1/2 pound ground beef
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/2 cup milk
- 2 eggs
- 1 tablespoon Argo corn starch
- 1 1/2 cups (1/2 pound) chopped Cheddar or Swiss cheese
- 1/3 cup sliced green onion
- Dash pepper

Brown meat in skillet over medium heat. Drain fat and set aside. Blend next 4 ingredients until smooth. Stir in meat, cheese, onion and pepper. Turn into pastry shell. Bake in 350°F oven 35 to 40 minutes or until golden brown on top and knife inserted in center comes out clean. Serves 6 to 8.



SWEDISH MEATBALLS

Creamy-smooth Best Foods makes sauce-making simple.

- 3 slices bread, crumbled
- 1/3 cup milk
- 1 pound ground beef
- 1 small onion, grated
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Dash ground nutmeg
- 2 tablespoons Mazola® corn oil
- 1 (7/8-ounce) packet brown gravy mix
- 1/2 cup BEST FOODS Real Mayonnaise

Add bread to milk. Mix in next 5 ingredients. Shape into 1-inch balls. Chill. Brown meatballs in oil in large skillet. Prepare gravy according to directions, using 1 1/4 cups water. Blend in Real Mayonnaise. Add to meatballs and heat. Makes about 45 meatballs.



BRING OUT THE BEST FOODS AND BRING OUT THE BEST.

PASSION POPS
with a ReaLemon twist
(ReaLemon Reconstituted Lemon Juice, that is)



Got a secret passion for sarsaparilla, root beer, cola, lemon or grape? Just name your favorite flavor. Then let yourself go and freeze up a batch of Passion Pops.

Pick any soda pop you like. But be sure you get Eagle Brand Sweetened Condensed Milk and that you spike the mix with ReaLemon Reconstituted Lemon Juice.

There's some kind of magic in this 3-part combo. The pure, whole milk in Eagle Brand has been pre-cooked and condensed to a flavor and consistency that mingle perfectly with soda pop. And you know how the taste of fresh lemons brings out and brightens flavor. Merge the three and something super happens. The pop gets poppier and the bubbles get bubblier. And your secret soda pop passion takes on a new and interesting twist.



World's Simplest Recipe:

Pour one can of Eagle® Brand Sweetened Condensed Milk into a bowl. Next, add one 28 oz. bottle (or two 12 oz. cans) of soda pop; then ½ cup ReaLemon.® (Be sure ingredients are added in this order.) Stir. Fill "Passion Pop" makers, cap, and freeze solid. To release pops from mold, hold briefly under warm running water, twist caps gently, and pull out. Store the remainder of the mixture in refrigerator for the next batch of Passion Pops.

FAMILY FOOD IDEAS

Passion Pop Maker 50¢

Plus 1 Eagle Brand and 1 ReaLemon label. Comparable value $1



BORDEN®

Passion Pop Offer Box 367
Columbus, Ohio 43216

Please send me_____"Passion Pop" Makers @ 50¢ each. (Add state and local taxes where applicable.) Enclosed is $_____and_____Eagle Brand Sweetened Condensed Milk and ReaLemon labels.

Name _____

Street _____

Town _____

State_____Zip_____

Continental U.S. only. Void where taxed, prohibited, or otherwise restricted by law. Allow four weeks for delivery.

Offer expires December 31, 1972

Old house *Continued*

member that, to paraphrase Humpty Dumpty, the paper should do exactly what you want it to do. If you find yourself perched on top of a stove and holding up a dripping strip that doesn't match the pattern to your left, move the whole strip over a bit so that it will overlap the old strip. But if nothing fits and nothing works, take the whole strip down and throw it away and start again.

And so we repapered the dining room in blue squares, and our bedroom in gray stripes, and the girls' room in light red flowers, and finally, in one vacation-week-long of peeling and snipping, we greened the whole hall, upstairs and down, and even the stairway in between.

An old house can survive almost anything. The same is not true for those who want to live in old houses. When we bought this place, the street outside was little more than a meandering country road. The privet hedge that protected us was ten feet tall, and the lilacs outside the kitchen door stood almost twice that high. Just across the street, there was a brook where the children used to dig for treasure.

The real-estate agent had told me that this state forest was inviolable, a major asset to the whole neighborhood, for the state claimed that it cherished its parks above all else. One assumes that real-estate agents lie, of course, but one eventually comes to learn that state park commissions are no different. So there came a day when I awoke to the screeching sounds of bulldozers knocking down all the trees on the other side of Old Mill Road. For an hour or so, I pursued the idea that somebody had made an awful mistake, and I spent that hour on the telephone, trying to find out why the bulldozers were destroying the state park. Eventually, I reached the state park engineers, and they answered proudly that the bulldozers were theirs. They were tearing out the trees so that they could widen the superhighway that brought an ever-increasing number of New Yorkers to the ever-more-crowded dunes of Jones Beach.

These improvements had been coming slowly, one at a time. First, the town authorities ripped out my privet hedge, and my lilacs, so that they could widen Old Mill Road and build a sidewalk for the neighborhood children. Then, on the other side of the road, they built an eight-foot chain-link fence, with barbed wire on top, so that none of the neighborhood children could fall into the brook. Then they closed off the brook itself and dug a trench so that the water would flow into a broad canal between the two swampy lakes where the geese had once lived. After all this, the state authorities planted a lot of maple saplings, so perhaps, in about twenty years, the whole area may look as beautiful as it once did before they started to improve it.

An old friend had warned me several years earlier that I had bought the right house in the wrong town. The basic law on the south shore of Long Island is that the railroad service is relatively good, and therefore the commuters have been moving in by the hundreds of thousands, and so the new houses must be built, out of two-by-fours, on the minimum plots of land that the law allows, sixty feet by one hundred feet. There is not room, in other words, for ten-foot hedges or old apple trees or people like us.

My wife began the long and tedious chore of house-hunting on the north shore, where the roads are narrow and winding, and the railroad doesn't work very well, and there are still woods and fields and old houses with white clapboard walls and black shutters and wide brick chimneys. But I myself had not really accepted the idea of moving. Every time my wife found a house that seemed ideal, I found some fault with it. The fact was that I could not bear to abandon the house on Old Mill Road. It was not only my first house but my ideal house, and I felt that whatever improvements I had failed to make—that wing out to the grape arbor and that attic with the dormer windows—I could yet, given a little time, achieve. One of my last acts in this doomed place, after one last argument about whether things would get better, was a typical gesture of protest: I repainted the entire living room, one Saturday afternoon, in a handsome shade of light gray. My wife returned from shopping, saw what I had done and just laughed. It has been stated that when an irresistible force meets an immovable object, the two cancel each other out. I can only testify that when the irresistible force is a woman looking for better surroundings for her children, then the immovable object moves.

So we put the old house on the market, and we soon found, as we had expected, that nobody in that area wanted to buy an apple orchard or a grape arbor,

Continued

Today your husband left on a business trip.
You've finally got a chance to start
reading that new novel.
And somehow, tonight, you don't feel like
eating those leftovers.

It's a good day for Stouffer's.



Beef Pie. One of 35 Stouffer's Frozen Prepared Foods.

Stouffer's

FAMILY FOOD IDEAS

Old house

Continued

and the builders who finally offered the highest price made no secret of their plans. On what was once my front lawn, where we once staged a wedding and a yearly series of Easter egg hunts, there are now two neat little houses, pink and white and black. In the backyard, where we once danced under the open sky, there is another little house in the space where the great catalpa tree used to stand.

The house itself remained empty for several months after we left. But then, as usually happens, a new visitor saw a new vision. He was a schoolteac and so was his wife, and though the house was by turning into a ruin, they bo it and started to fix it. They things that I would never done—scraping off all the side paint, for instance, and ering the bare wood with var —but they did that because were following their own vi not mine. And the old house only accept, once again, workings of destiny.

My wife, in the meant had found another old house us on a wooded hill on the n shore, less than half a mile f the sands of Long Island So Once again, I went through ritual of inspecting the pl and once again, I recognize within a few minutes, as our house. It had the same ce hall, the same cubic arranger of two rooms in each corne was, in fact, almost a replic the house on Old Mill R but in the right place, on t acres of land, and totally isol from the rest of the world.

So we bought it and mo into it, bringing along books beds and the piano and even gigantic bookcase, and yet I feeling like a widower tryin get used to a second wife. I quired a new commuta schedule and learned the list of stations along my ro I learned to get along with a garbage man, and I erecte new mailbox, but none of th bureaucratic adjustments seem real. It was only when I ran lawn mower over a protruc root that I began to accept new surroundings. Then a w storm tore a branch off a t and I had to carry it up the and saw it into pieces that wo fit the fireplace. Then a shu started banging, and I had find a new hook to keep it place. And the screen door the cellar wouldn't shut. And of the children broke a kitc window.

One day, I felt a jarr crunch as a filling dropped of a weary molar, and so, cause the dentist in the old to was a good friend, I drove b to the south shore to have thi fixed. And then, like a guilty l er checking on an abando mistress, I drove to Old N Road to see the old house t I had left with such a sense grief and guilt. And saw the t little houses on the front la and the one in back, and fel was it the novocaine?—not m of anything at all. So much one's first love. As I climbed i the car and left the old ho and drove off to the north couldn't help saying to mys *It's time to go home.*





ONLY YOUR COFFEE CUP KNOWS FOR SURE.



Summertime meal idea!

Pop Swift's Premium Brown 'N Serve Sausages into the pan. They take just five minutes. During that time, fill a tomato shell with a three-bean salad and arrange slices of bread and relishes...and your delicious 5 minute meal is ready.

Unlike regular pork sausages, Swift's Premium Brown 'N Serve Sausages are ready in 5 minutes. That's because they're fully cooked *before* you buy them.

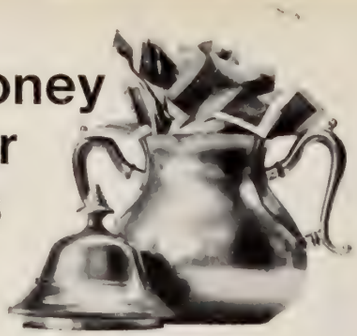
The excess grease has been cooked out. They're *all meat*. No filler. Just scrumptious in the summertime!



Swift's Premium Brown 'N Serve Sausages.
Fully Cooked! 5 Great Flavors!

FAMILY FOOD IDEAS

Win money for your recipes



FAST OR FANCY OMELETS—YEAST ROLLS

Do you have a special omelet—puffy or French—to enter in our contest? Or do you get raves for your special yeast rolls? Send us your favorite recipe for either or both categories today and you could be a prizewinner next March. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each, and 12 Honor Roll winners get $10 each. Selected winning recipes will be pictured on the Prize Tested Recipes pages next March. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints to Help You

Omelets. How do you make your favorite omelet? Do you fill it with vegetables, meat, cheese, or fish? Maybe you have a special sauce or custard mixture. Do you know a shortcut or have a special blend of herbs? Ideas to start you thinking:

saucy Denver omelet
honey-ham omelet
three-cheese omelet
mushroom-sour cream omelet
Oriental pork omelet

Yeast rolls can be plain or fancy. Nuts, fruit, cheese, spices, or candy could make them special. Perhaps you use a blend of all-purpose and whole wheat flours or add cereal to your favorite. Do you make your rolls a unique shape? Hints to help you:

cherry-nut rolls
butter bowknots
pecan dainties
poppy seed ribbons
peanut butter surprise buns

THIS MONTH'S WINNERS

(See recipes on pages 79 and 80.)

Cooks-of-the-Month

Mrs. Thomas A. Police, New Philadelphia, Ohio
Mrs. Guy Smith, Kansas City, Mo.

Runners-up

Mrs. B. Getschmann, Bremerton, Wash.
Mrs. Lee Holcomb, Arvada, Colo.
Rebecca Kloster, Davis, Calif.
Anne Ryckman, Grand Rapids, Mich.

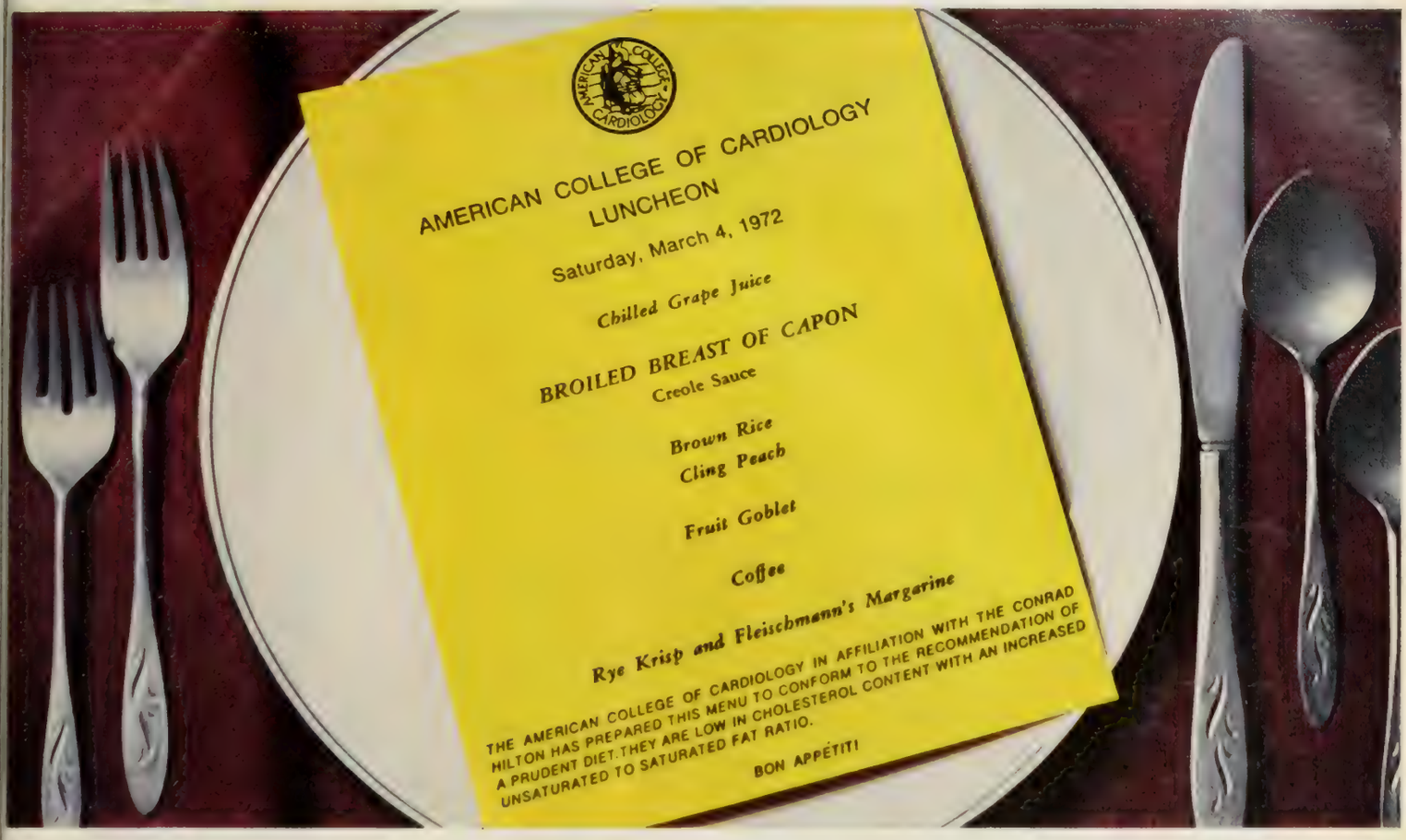
Honor Roll

Mrs. Larry Allen, Strasburg, Colo.
Ruth L. Aronson, Proctor, Vt.
Mrs. Kenneth Carpenter, Scotia, N. Y.
Mrs. C. I. Harper, Danville, Va.
Mrs. James U. Mathis, Salt Lake City, Utah
Mrs. Robert Morris, Shawnee Mission, Kan.
Mrs. G. J. Muir, Dubuque, Iowa
Mrs. W. L. Murdock, Reidsville, N. C.
Mrs. Earl Ruth, Parlier, Calif.
Edna L. Scanlon, Columbus, Ohio
Mrs. Gary C. Sullivan, San Diego, Calif.
Mrs. John Wolfe, Soulsbyville, Calif.

Contest Rules

1. Write or type your recipe clearly on one side of the paper and mark it "March Omelets" or "March Yeast Rolls." If you wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submit.
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, August 31, 1972. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7208 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.

When 3,500 cardiologists met recently in Chicago, they ate just what the doctor ordered.



At their 21st annual meeting, The American College of Cardiology requested that The Conrad Hilton Hotel prepare meals low in saturated fat and cholesterol. And at the request of The College the spread served was Fleischmann's Margarine.

The American College of Cardiology: heart specialists who practice what they preach . . . that eating meals low in cholesterol and low in saturated fat is better for us. All of us.

That's why The College requested low saturated fat meals and Fleischmann's® Margarine.

Fleischmann's Margarine is so delicious. It's sensible, too, because Fleischmann's is high in liquid corn oil so it's low in saturated fat.

You may not be a cardiologist, but you can eat like one. Fleischmann's offers you this booklet: *Dietary Control of Cholesterol.* It's packed with important facts and 75 delicious, "easy to prepare" recipes for low saturated fat, low cholesterol meals for your family.



Another fine product of *Standard Brands*

Fleischmann's Margarine.
It makes sensible eating delicious.

Send today for your copy of Dietary Control of Cholesterol. Only 50¢. You won't believe how delicious sensible eating can be.

Fleischmann's
P.O. Box 1317
Elm City
North Carolina
27822

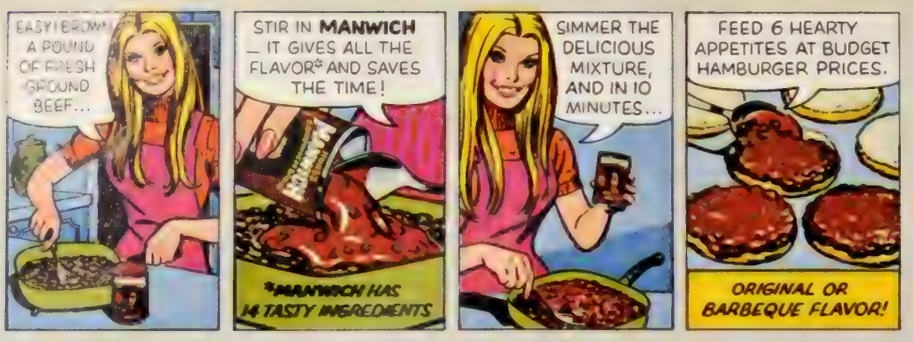


Enclosed is 50¢ in cash.
Please rush my copy of *Dietary Control of Cholesterol.*

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

Allow 4-6 weeks for delivery. Offer good while supply lasts. Offer void where prohibited or restricted by law. Orders without Zip Code cannot be accepted. Offer good only in U.S.A.

FAMILY FOOD IDEAS



"MANWICH-the secret ingredient in my best homemade Sloppy Joe."



Manwich-
Homemade taste without
homemade time.

Free Manwich Cookbook Offer. Send 15¢ to cover mailing and handling costs to:
50 Famous Manwich Recipes, Hunt-Wesson Foods, Inc., P.O. Box 1010, Fullerton, California 92634.

Crafts *Begins on page 56*

Stenciled bedspread See page 58

Materials: Preshrunk unbleached muslin bedspread with 21-inch drop, textile paint (such as Prang or Naz-Dar; check to see if paint requires an extender), one stencil brush per color, masking tape, tracing paper, stencil or mat knife, turpentine, 18x24-inch sheets of stencil board, carbon paper.

Enlarge grid drawings on tracing paper and label each colored area. Use this drawing to trace onto all stencil boards, using carbon paper and making a different stencil for each color.

Be sure designs are positioned the same way on all boards. Stack stencils, and hold up to the light to check design placement. Remove sections to be painted with stencil knife and cut a V in upper right and lower left of each stencil board so they match exactly (these are register marks).

On bedspread, lightly pencil placement of stencils at register marks. Motif on spread top is about 12x15 inches; border design is 14x18 inches. Put spread on flat work surface covered with papers.

To test washability of your paints and fabric, complete one border or center design on a scrap of muslin, set the colors as explained here, and wash separately in your machine.

Checking register marks, tape first stencil in place. Put a small amount of paint in a saucer and mix to desired color. We used red, black, peacock blue, dark green, and light yellow, and mixed yellow and red for orange, and green and yellow for chartreuse.

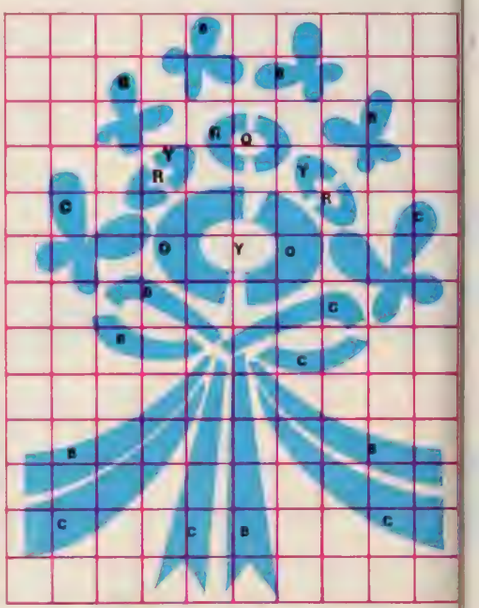
Hold brush vertically, dip in paint, and blot on paper to remove excess paint. To achieve a crisp outline, stamp brush up and down over cutout areas, moving from *outer* edges toward center. Avoid paint buildup on edges that might run back under stencil, always hold bush vertically.

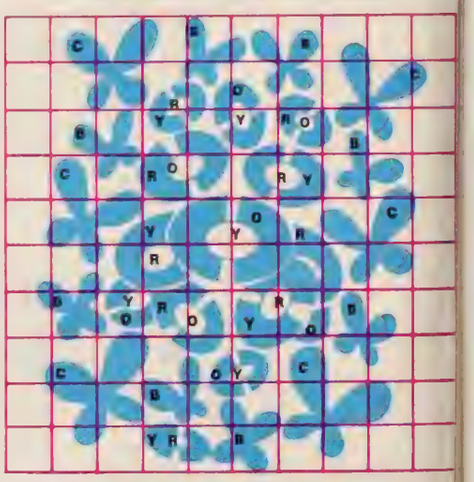
Print repeats of first stencil in same manner. When first color is dry, put on second stencil, check register marks, tape down, and paint second color with new brush. Repeat for rest of colors. After painting is done, add details with a small brush.

We flipped our stencils on left side of spread top so pattern would be a mirror image from center out. To flip stencils, clean off all paint with turpentine, allow to dry and continue stenciling. Register marks now will be in reversed position.

The stencils have holding strips to keep designs together. These do not print when you paint the stencil but should be filled in with stencil brush after you remove the stencil.

To set paints, turn your iron to the hottest setting your fabric can stand (we used linen setting) and iron each pattern for one full minute.





1 square = 1½ inches
C-chartreuse; B-blue;
R-red; O-orange; Y-yellow.

Continued

The Mermaid knows what's good for you.

Protein.



Chicken of the Sea, America's favorite tuna. From Ralston Purina Company

© '72 RALSTON PURINA CO.

FAMILY FOOD IDEAS

Quilt See page 56

Materials: Twin-size quilt requires 48 12-inch-square medium weight fabric pieces for top and 6½ yards of 36- or 45-inch fabric for backing, 18½ yards of ½-inch-thick 48-inch wide bonded polyester batting or three 72x90x1-inch polyester comforter batts; pillow sham requires six 12-inch-square fabric pieces for top and 2 yards of 36- or 45-inch fabric for backing, 2½ yards of 48-inch polyester batting, and a 28-inch heavy zip. Finished quilt size is about 92 inches. Dry clean only.

Quilt back: Stitch backing ric sections together in a ¼-i seam allowance to form 72 inch piece. From remaining ric, cut about 9⅛ yards o inch-wide bias strips for edg

Quilt top: Assemble square desired pattern. Twin size squares wide and 8 long. St 6 crosswise squares together a time in a ¼-inch seam all ance and press. Stitch strips gether and press.

Assembling: Cut batting 11x11-inch pieces. Each fa square requires 4 pieces of inch batting or 2 pieces of inch batting. Loosely baste ting pieces to fabric squares wrong side, keeping batting inch from seams.

Place quilt back wrong side on floor and place one large c tinuous layer of batting over cutting to fit. Place quilt right side up over this. With extra-long darning needle, ba through *all* thicknesses, start with the center lengthwise sea Straighten wrinkles as they fo Baste all vertical seams, t horizontal ones. Also baste tire outside edge of quilt. T excess batting and backing fr edges.

Quilting: Set machine on la tabletop or surround cons with folding tables to incre work surface. Ease top tens control slightly and set sti length at largest stitch. St stitching quilt top at cent working lengthwise along sea Stitch lengthwise seams fi then horizontal seams, worki from center to edges. Sti around outer edges of quilt.

Edging: Sew bias strips gether to make one long str Stitch strip to top of entire qu edge right sides together, inch from edge. Round corn slightly. Turn bias strip unc ½-inch, fold over raw edge, a slipstitch to quilt back. Remo basting threads.

Pillow sham: Cut a 24x36-in piece of backing fabric and squares for top. Assemble li quilt, but do not apply edgi before additional zippered bac ing is attached to sham bac To make zippered section, c two 13x36-inch pieces of bac ing fabric. Stitch long edges t gether in a 1-inch seam, 4 inch in from each end. Press edg open, baste zipper, and stit in place. Lay zippered secti on quilted sham top, wrong sid together, and baste togethe Trim excess fabric from edg and stitch around edges. App about 3½ yards of bias edgin as described for quilt.

Crocheted rug See page 59

Materials: Rayon and cotton r yarn in 70-yard skeins—

©1972 by Ore-Ida Foods, Inc.

What are sho'nuff southern style hash browns doin' way up north in Boise?





Why, they're fixin' to spread the joys of southern cooking all across this country.

Up here around Boise, Idaho, we grow just about the finest eating potatoes you'll find anywhere.

When we make our Southern Style Hash Browns, we take the very best potatoes, good and firm and solid, and cut them up into nice, neat nuggets. Chunky enough to sink your teeth into. But small enough so when you pop them in your skillet, each bite cooks up crisp and brown and even.

Then we freeze them, so they'll stay good and fresh, and put them in the Ore-Ida section of stores all over.

Right alongside in the cabinet, you'll see our Ore-Ida Shredded Hash Browns. They cook fast. Soon as they're crisp outside, they're tender and piping hot inside.

With either style hash browns, try eggs over easy with a small sizzling steak. Or pork chops. Or a slice of ham.

Ranch breakfast, they call it. Mighty tasty. Even if you don't eat breakfast till dinner time.



Good eatin' from Boise.

of white, 9 turquoise
9 peacock, 9 sea blue, 9
ade, 6 light yellow, 6 light
lo, 6 black, 6 chartreuse,
green, 6 antique gold, 6
brown; large tapestry nee-
8-inch wood or plastic
t hook. *Use three strands*
h color throughout entire

e: a parenthesis followed
number means repeat the
tions in the parentheses
ecified number of times.
dc 14) 3 means do 2 dc's
next stitch and 14 dc's
3 times.
ter: Using sea blue, ch 5,
o make ring.
v 1: Ch 3, dc 11 over ring,
nto 3rd ch, break off.
v 2: Turquoise ice: sl st,
dc same st, 2 dc into next
light jade: tie in back of
2 dc next 4 sts, sl st 2nd
d.
v 3: White: sl st, ch 2, dc
dc, (2 dc next st, dc)
d, sl st in 2nd ch, end.
v 4: Light yellow: back 2
st, ch 2, dc same st, dc, (2
2 across) 6; antique gold:
, (2 dc, dc 2) 5, sl st 2nd
d.
v 5: Light avocado: skip 6
st, ch 2, dc same st, dc 3,
dc 3) 5; chartreuse: tie on,
dc 3) 6, sl st 2nd ch, end.
v 6: Peacock: skip 4 sts, sl
2, dc same st, dc 4, (2 dc,
7; turquoise ice: (2 dc,
4, sl st 2nd ch, end.
v 7: Sea blue: back 14 sts,
ch 2, dc same st, dc 5, (2
5) 8; evergreen: (2 dc,
3.
v 8: White: sl st, ch 2, dc
st, dc 6, (2 dc, dc 6)
d, sl st 2nd ch, end.
v 9: Peacock: back 8 sts,
ch 2, dc same st, dc 7,
dc 7) 3; light jade: (2
7) 8, sl st 2nd ch, end.
w 10: Black: skip 15 sts,
ch 2, dc same st, dc 8,
dc 8) 4; wood brown: (2
8) 7, sl st, end.
w 11: White: sl st, ch 2,
me st, dc 9, (2 dc, dc 9)
d, sl st, end.
v 12: Antique gold: skip 4
st, ch 2, dc same st, dc
dc, dc 10) 6; light yellow:
dc 10) 5, sl st, end.
w 13: Light jade: back 2
st, ch 2, dc same st, dc 11,
dc 11) 4; light avocado:
dc 11) 7, sl st, end.
w 14: Turquoise ice: skip
, sl st, ch 2, dc same st, dc
dc, dc 12) 7; peacock: (2
12) 4, sl st, end.
w 15: White: sl st, ch 2,
me st, dc 13, (2 dc, dc 13)
d, sl st, end.
side
w 16: Chartreuse: sl st 2
2 sts, ½ dc, 2 dc next st,
across. (2dc next st, dc 14
) 2; light yellow: 2 dc, dc
dc, dc 9, ½ dc, sc 2, sl st



Easy Summer Supper

A cool main course salad you make in minutes using SPAM, B in B Mushrooms, Kellogg's Croutettes, and dressing made with ReaLemon Reconstituted Lemon Juice.

- 2 quarts salad greens, torn into bite-size pieces (or medium-size head lettuce)
- 2 cups KELLOGG'S® CROUTETTES® Stuffing Herb Seasoned Croutons
- 2 (3-oz.) cans B in B® CHOPPED MUSHROOMS
- 3 tomatoes, peeled and cut in wedges
- 1 (12-oz.) can SPAM®, cut in julienne strips

EASY SUMMER DRESSING

- 1 cup salad or olive oil
- ½ cup REALEMON® Reconstituted Lemon Juice
- 1 clove garlic, pressed
- 2 teaspoons Italian seasoning
- ¼ cup butter broth from mushrooms

Place greens in large salad bowl. Add B in B Mushrooms, tomato wedges, SPAM strips and Croutettes. Combine oil, ReaLemon Reconstituted Lemon Juice, garlic, butter broth and Italian seasoning in a jar. Salt and pepper to taste. Cover jar and shake well. Makes 1¾ cups dressing. Pour over salad; toss lightly. Serve immediately in chilled salad bowls. **Yield:** 4 to 6 servings



2, end.

Row 17: Sea blue: skip 6 sts at beginning of row 16, sl st, sc 2, ½ dc, dc, 2 dc, dc 14, 2 dc, dc 7; light avocado: dc 7, 2 dc, dc 14, 2 dc, dc 13, 2 dc, dc, ½ dc, sc 2, sl st, end.

Row 18: White: skip 5 sts, sl st, sc, ½ dc, dc 2, (2 dc, dc 14) 3, 2 dc, dc 8, 2 dc, dc 2, ½ dc, sc, sl st, end.

Row 19: Turquoise ice: skip 4 sts, sl st, sc, ½ dc, dc 2, (2 dc, dc 14) 2; peacock: 2 dc, dc 14, 2 dc, dc 5, 2 dc, dc 2, ½ dc, sc, sl st, end.

Row 20. Light jade: skip 3 sts, sl st, sc, ½ dc, dc 2, 2 dc, dc 10, 2 dc, dc 12; sea blue: (2 dc, dc 12) 2, 2 dc, dc 2, ½ dc, sc, sl st.

Row 21: Wood brown: skip 3 sts, sl st, sc, ½ dc, dc 2, 2 dc, dc

Continued

The Ravioli Smile.



Some kids even laugh out loud. They think it's fun food, treat food, celebration food. But it's more. Chef Boy-ar-dee® Ravioli is a nutritious food too. And most kids don't stop at one serving.

What is a ravioli? It's a square of macaroni, a big helping of beef in the middle, another macaroni square on top. Then it's cooked in thick tomato and cheese sauce. There's Chicken or Cheese Ravioli, too. And only about 20¢ a serving.

The Ravioli Smile. You don't get it with soups or sandwiches.



Chef Boy-ar-dee® Ravioli

FAMILY FOOD IDEAS

Crafts *Continued*

9, (2 dc, dc 12) 2; black: 2 dc, dc 12, 2 dc, dc 2, ½ dc, sc, sl st, end.

Row 22: Light avocado: skip 3 sts, sl st, sc, ½ dc, dc 2, 2 dc, dc 8, 2 dc, dc 12; turquoise ice: (2 dc, dc 12) 2, 2 dc, dc 2, ½ dc, sc, sl st, end.

Row 23: White: skip 2 sts, sl st, sc, ½ dc, dc 2, 2 dc, dc 15, 2 dc, dc 16, 2 dc, dc 15, 2 dc, dc 2, ½ dc, sc, sl st, end.

Row 24: Light yellow: skip 2 sts, sl st, sc, ½ dc, dc 2, 2 dc, dc 15, 2 dc, dc 16; antique gold: 2 dc, dc 15, 2 dc, dc 2, ½ dc, sc, sl st, end.

Row 25: Sea blue: skip sl st, sc, ½ dc, dc 2, 2 15, 2 dc, dc 8; peacock: 2 dc, dc 15, 2 dc, dc 2, sc, sl st.

Row 26: White: repeat r

Second side

Row 16: Light yellow: s sts, sl st 2, sc 2, ½ dc, (2 dc, dc 14) 2; antique 2 dc, dc 14, 2 dc, dc 2, sc 2, sl st 2, end.

Row 17: Chartreuse: sts, sl st, sc 2, ½ dc, dc, dc 14; sea blue: (2 dc, 2, 2 dc, dc 13, 2 dc, dc, sc 2, sl st, end.

Row 18: Same as for firs

Row 19: Peacock: skip sl st, sc, ½ dc, dc 2, (2 14) 2; light jade: 2 dc, 2 dc, dc 5, 2 dc, dc 2, sc, sl st, end.

Row 20: Turquoise ice: sts, sl st, sc, ½ dc, dc 2, dc 10, (2 dc, dc 12) 3, 2 2, ½ dc, sc, sl st, end.

Row 21: Evergreen: skip sl st, sc, ½ dc, dc 2, 2 9, 2 dc, dc 12, 2 dc, dc 6; dc 6, 2 dc, dc 12, 2 dc, ½ dc, sc, sl st, end.

Row 22: Light avocado 3 sts, sl st, sc, ½ dc, dc dc, dc 8, (2 dc, dc 12) 2; treuse: 2 dc, dc 12, 2 dc, ½ dc, sc, sl st, end.

Row 23: Same as for firs

Row 24: Chartreuse: s sts, sl st, sc, ½ dc, dc 2, dc 14; light yellow: 2 dc, 2 dc, dc 15, 2 dc, dc 2, sc, sl st, end.

Row 25: Sea blue: skip sl st, sc, ½ dc, dc 2, 2 d 15, 2 dc, dc 16; peacock: dc 15, 2 dc, dc 2, ½ d sl st, end.

Row 26: Same as first

Corners (first side, right co

Row 27: Turquoise ice: s sts, sl st, sc, ½ dc, dc 2, 2 10, ½ dc 2, sc 2, sl st 2,

Row 28: Black: skip 2 st, sc, ½ dc, dc, 2 dc, dc dc 2, sc 2, sl st, end.

Row 29: Peacock: skip sl st, sc, ½ dc, 3 dc, 2 dc, ½ dc, sc 2, sl st, end.

First side, left corner

Row 27: Turquoise ice: 16 sts, sl st 2, sc 2, ½ dc 10, 2 dc, dc 2, ½ dc, sc, end.

Row 28: Evergreen: sk sts, sl st, sc 2, ½ dc 2, dc 6, dc, ½ dc, sc, sl st, end.

Row 29: Sea blue: skip sl st, sc 2, ½ dc, dc 2, 3 dc, ½ dc, sc, sl st, end.

Second side, right corner

Row 27: Turquoise ice. 28: Evergreen. Row 29: jade.

Second side, left corner

Row 27: Turquoise ice. 28: Black. Row 29: Sea blue

Border—Begin in 2nd dc in right corner of first

Row 1: Light yellow: s

4 dc in corner st, dc across
t corner, 5 dc corner, dc
ross; chartreuse: dc 52
; antique gold: dc to cor-
dc in corner, dc 16; light
: dc to corner, 5 dc, dc
hartreuse: dc 60; antique
dc to end, sl st to join in
, end.
v 2: Light avocado: skip 1
st, ch 2, 4 dc in corner
17; chartreuse: dc to cor-
ght jade: 5 dc in corner,
turquoise ice: dc 13; light
do: dc to corner; light jade:
corner, dc 33; light avo-
dc to corner; turquoise ice:
orner, dc 38; light jade; dc
rquoise ice: dc 23; light
do: dc to end, sl st, end.
v 3: White: dc around with
n each corner.
w 4: Peacock: skip 1 st, sl
2, 4 dc in corner st, dc
a blue: dc to corner, 5 dc
rner st, dc 32; peacock:
; turquoise ice: dc to cor-
ea blue: 5 dc in corner, dc
xt corner, 5 dc in corner,
; peacock: dc 46; light jade:
end, sl st, end.
w 5: Turquoise ice: skip 1
st, ch 2, 4 dc in corner st,
; light jade: dc to corner;
ck: 5 dc corner, dc 17;
oise ice: dc 25; sea blue:
; peacock: dc to corner, 5
corner, dc to next corner;
jade: 5 dc corner, dc 18;
avocado: dc 27; sea blue:
; turquoise ice: dc to end,
end.
w 6: Evergreen: skip 1 st,
ch 2, 4 dc in corner st, dc
lack: dc to corner, 5 dc
r, dc 10; wood brown: dc
evergreen: dc to corner;
: 5 dc to corner, dc 25;
brown: dc 21; evergreen:
corner, 5 dc corner, dc 35;
brown: dc 14; black: dc
vergreen: dc to end, sl st,
Weave in ends with tapestry
e: trim. Block with steam
Do not press. ■

tting a tan

ıs on page 38

f you must, use a good sun-
ing agent, wear clothes that
your burn, and stay in the
, even if it's just the shade
beach umbrella or a large
Even with this protection,
o avoid midday sun. The
est glare or reflection can
further damage. And keep
skin moist with lotions or
ns to reduce the chance of
ag.

all this sunning harmful?

e is strong evidence it can
tudies in high sun areas like
s and Australia show a
ed increase in the incidence
in cancer. And little doubt exists that skins exposed to sun tend to age faster. Even the benefits are questionable. For instance, the sun does help your body produce vitamin D (important for strong bones), so it's a help to growing children. But adults' bones aren't growing; they need only enough vitamin D to maintain skin and bone health. Excessive buildup of vitamin D in the body—produced by a combination of sunlight and food supplements—may cause joint and vein damage ultimately.

So a healthy-looking tan may not be as healthy as it looks—but that probably won't dissuade many sun-worshipers. If you plan to be among them, be cautious. Protect yourself from overexposure and do your sunning in moderation. ■

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1 THE DOLE BANANA JOLLY FOLLY Start with a Dole banana, add colorful decorations and an ice cream cone hat. It's fun and good.

2 DOLE BANANA KABOBS On skewer, alternate thick Dole banana slices, Dole chunk pineapple, fresh or canned, marshmallows and maraschino cherries. Brush with butter, brown until you can't stand to wait any longer.

3 SEVEN CUP SALAD Mix one cup each of pecans, drained Dole pineapple chunks, mandarin oranges, coconut, sour cream, marshmallows, and of course, Dole bananas. Unbelievable.

4 DOLE BANANA MILK SHAKE Make same as regular shake, but taste the delicious difference adding Dole bananas makes.

5 DOLE BANANA FUNNY FACE Combine one mashed Dole banana with ½ cup of chunky peanut butter, and two slices of crumbled crisp bacon. Spread on bread, use lettuce for decoration, and sliced banana for face.

6 DOLE BANANA POPS Dip a fresh or frozen Dole banana in chocolate fudge topping. Add nuts. Crunchy, sweet and good.

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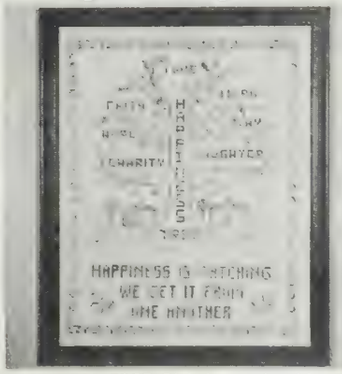
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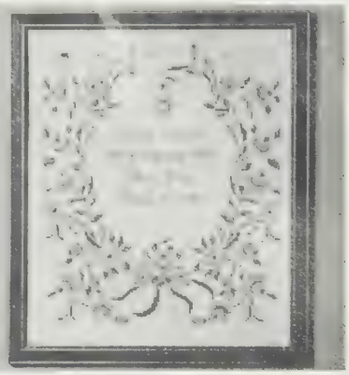
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By Gordon G. Greer, Travel Editor

Where the past lives on: A guide to America's restored villages

In a few quiet corners of our turbulent land, communities that are living pages from the nation's family scrapbook invite Americans to step magically backward through time and reestablish touch with where we came from. History isn't boring here but tangible and vibrant. Authentic sights and sounds evoke memories from our national childhood. A trip to such a place is like revisiting your hometown after a long and eventful absence. It's an ideal opportunity to pause and reflect, to restore your perspective, to rejuvenate your soul, and to introduce your children to their heritage.



Colonial Williamsburg

This gracious capital city of the royal colony of Virginia is the standard against which other restored villages are measured; it's one of the largest, the most talked about, and in many ways the best. Nearly a mile from end to end, it contains more than 80 preserved or restored 18th-century buildings plus 50 or so others rebuilt on original sites.

In 20 authentic craft shops, costumed workmen show their skills. Here you'll see wig making, gunsmithing, bookbinding, weaving, the whole spectrum of trades that were practiced in this village when the Virginia House of Burgesses included in its membership Washington, Jefferson, and the firebrand Patrick Henry. (It was Henry who rose here in defiance of the British-imposed Stamp Act, crying, "If this be treason, make the most of it.")

Fife-and-drum militia drills, outdoor dramas, evening lantern tours—exciting activities are going on here all the time. But even more enjoyable are the quieter moments, as when you stroll down Duke of Gloucester Street at twilight or dawn, when the patina of the past seems most lustrous. The public greens and gardens—more than 90 acres of them—provide other serene delights.

Photograph: John Lewis Stage



You should linger here awhile and let the mood of the 1700s sink in. A visit of less than two or three days is too short; a week is by no means too long. You can stay in the historic area—in colonial cottages, if you wish—and take your meals at charming taverns 200 years old where balladeers roam among the tables.

But guests are not imprisoned by the past throughout their stay. Tennis courts, swimming pools, and two golf courses have been added around the edges of the historic part of Williamsburg.

Major buildings are open 9-5 daily March through November, 9-4 December through February; combination tickets are $4.50 for adults, $2 for students, with children under seven admitted free.

Plimoth Plantation

It isn't a very large place, this first Pilgrim settlement—really just a single dirt street, some plain frame houses, and a fort-meetinghouse standing guard. But Plimoth Plantation is uniquely successful as a 1620s time capsule. Not only are its buildings all believable reconstructions (about two miles south of their original location), but the sounds and smells, indeed the whole feeling of that period are convincingly duplicated. The village is like a setting from a "You Are There" TV show, inhabited by costumed citizens playing scenes from the past who interrupt their chores to answer questions.

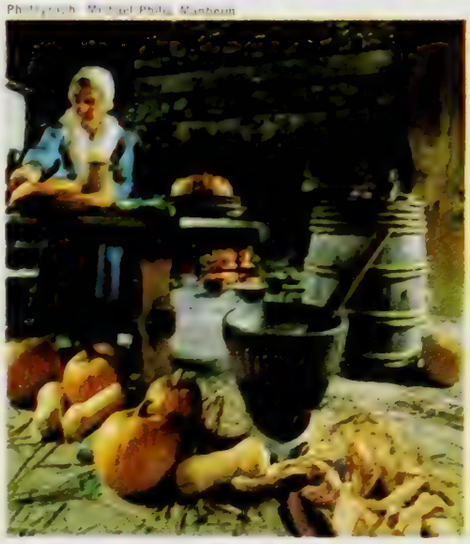
That's the only way, in fact, that you can learn what's going on here—by inquiring of the villagers themselves. If you're curious about muskets, ask the man you just saw fire one. If you wonder why a house has paper windows, not glass, question whoever lives there. No signs are posted anywhere, no labels, no placards. Were such things here in 1627? Nor does Plimoth Plantation have the usual "don't touch" rules. You can lie on Myles Standish's bed, pet the livestock, or even help scour the pots if you've a mind to. (It's done today as it was then—with sand.) Food is prepared over wood-burning fires, and chickens and sheep run loose all over, clucking and baa-ing at every turn. Smoky smells from chimneys blend with animal odors as visitors feel the past through all five senses.

The best time to see Plimoth is perhaps around Thanksgiving, a celebration this village gave birth to, of course. The weather in Massachusetts can turn nasty in November. There are frequently fall rains then, and the first chill hints of winter—which deepens your appreciation of what the Pilgrims endured here three and a half centuries ago.

Opens at 10 a.m. daily in April, May, and November, at 9 a.m. daily from June through October; closed the rest of the year. Tickets are sold until 6 p.m. daily during the summer; until 4 p.m. on weekdays from April to the third Saturday in June and after Labor Day; until 5 p.m. on weekends, except in late fall; $1.25 for adults, 50 cents for kids 5-13.



Photographs: John Lewis Stage





New Salem

It existed very briefly, no longer than ten years, yet New Salem is perhaps the best known village in American history—Abraham Lincoln's home during his formative years and the setting for the legends so familiar to every school child. It was here that young Abe split rails and learned surveying; here that he studied until dawn by firelight; here that he courted his landlord's daughter, Ann Rutledge, who died at 22; here that he overcharged a customer a few pennies and then walked six miles to amend the error.

Shortly after Lincoln left, New Salem turned to dust—almost as if, having shaped the young man's character, its reason for existence had expired. But it now stands reconstructed as an Illinois State Park, about 18 miles northwest of Springfield, with 23 buildings from the 1830s period when Lincoln lived here seeking his identity.

Only one of the structures is original—the Onstot Cooper Shop—but the others have all been authentically reproduced and filled with articles known to have been used by Lincoln's neighbors: candle molds, cord beds, doctors' equipment, cornmeal chests, pewter, old books, assorted tools. Oxen pull a Conestoga wagon through the streets, and girls in period costumes demonstrate spinning and candlemaking.

Lincoln was an odd mixture of serenity and gloom. He grew up here "in silence, as corn grows," wrote Carl Sandburg. In New Salem you can still feel his presence.

Open daily, 9-5; closed Thanksgiving, Christmas, and New Year's Day; free.

Mystic Seaport

What you first see of this 19th-century maritime village as you approach it along Connecticut's eastern coast, near New London, are the masts of heroic sailing vessels poking above the skyline: the *Charles W. Morgan,* the last of the wooden whalers (retired now, and a National Historic Landmark); the *L. A. Dunton,* a Gloucester fishing schooner; the *Joseph Conrad,* a square-rigged training ship still used for that purpose at the age of 90 years. The small craft armada that shares the waterfront with these old-timers numbers more than 100 boats—from kayaks to dories to iceboats to yachts. It's one of the largest such collections in America.

On land, some 40 structures line the cobblestone streets, reproducing the distinctive aura of a whaling port. Scattered among numerous shops where ancient crafts are still worked—wood-carving, coopering, ship smithing, rigging—you'll find a sail loft, a ship's chandlery, a tavern, a school, a chapel, a bank, a lighthouse. Other buildings nearby, in a formal museum complex, hold impressive collections of figureheads, scrimshaw, maritime prints, and ship models.

Open 9-5 daily from April through October, $3 for adults, $1.25 for children 6-15; from November through March open 10-4 daily, $2.50 for adults, $1 for children; closed Christmas, New Year's.





Photographs: Michael Philip Manheim



Old Bethpage

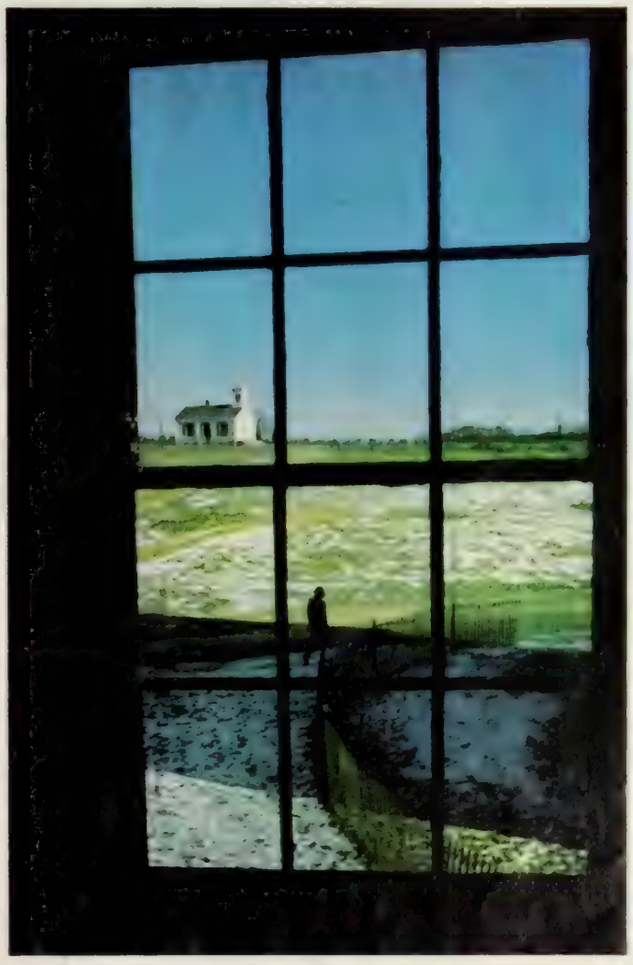
Smack dab in the geographic center of Long Island, surrounded by dreary tract houses and a snarl of expressways, the early 19th-century country village of Old Bethpage stands so serenely removed from contemporary pressures that to stroll through it is to forget that frenetic Manhattan lies just 37 miles to the west.

Square clapboard buildings line dusty, rutted lanes: a blacksmith shop; a spartan Methodist church; an inn where two cents buys a fizzy glass of birch beer; a farm with horses, cows, and sheep grazing around a duck pond. You can sample ginger cookies fresh from the oven, or watch candle dippers or pickle makers or farmhands at work, or ride on a wagon—or horse-drawn sleigh, in winter.

There was never an Old Bethpage on old Long Island. But there were dozens of farm villages quite similar to it, and the buildings on display here were supplied by those communities, trucked to the site of the present restoration—224 acres of hill-and-dale farmland—then painstakingly refurbished and authentically furnished with bona fide period pieces.

Old Bethpage is a mile south of the Long Island Expressway, exit 48.

Open daily except Thanksgiving, Christmas, and New Year's; 10-5 during Daylight Savings Time; to 4 during the winter; adults $1.50, kids 75 cents.





Photographs: Jean Anderson



Shakertown at Pleasant Hill

The Shakers made simplicity a lifestyle and an art. Their furniture, their architecture—indeed their whole society—was stripped of frills, and pared to its essentials. Four sober rules summed up how they lived: communal ownership of property, confession of sins, separation from the world, and celibacy—the last, one explanation of why the sect died out.

Between Lexington and Harrodsburg, in Kentucky's Bluegrass region, Pleasant Hill has been restored to its appearance of the early 19th century, when this was a colony of some 500 souls.

An architectural balance marks the 27 buildings here, achieved partly by the use of separate-but-equal stairways and doors. There was a right entrance for women, a left entrance for men, even when the twain led to the same room.

Comparing the Shakers to other religious groups—the Amish, for example—is common but largely misleading. Far from taking a hook-and-eye stance against progress, the Shakers welcomed innovations if they were simple and efficient. And long before the term Women's Lib was first uttered, they were guided by a woman, Ann Lee.

Stay the night here if you can; you'll enjoy your visit more. Eight of the restored buildings have guest accommodations in genuine Shaker rooms. In some, your kids can even sleep in trundle beds.

Open daily year round, with tickets to the exhibition buildings sold 9-5; $2 for adults, $1 for students 12 through college age, 50 cents for children over five.

Old Salem

What started as a Moravian Congregation town more than 200 years ago, in 1766, is today a quiet neighborhood near downtown Winston-Salem where the majority of the 40 or so authentic restorations are private homes, offices, and shops. Visitors are welcome in seven of the buildings, however, and during a leisurely afternoon you can get a clear notion of what living here was like for the early residents.

Those first inhabitants of Old Salem were devout and hard-working, and their number included craftsmen of particular distinction. Everyone lived like members of one large family. All aspects of their lives—secular as well as spiritual—were stringently directed by the church. The unmarried men lived together in the Single Brothers House; they moved in at age 14 and learned a trade in the same building—in shops that have been reactivated for crafts demonstrations.

The best way to tour Old Salem is by foot. At the Winkler Bakery you can buy fresh bread made from original family recipes. Behind the Miksch Tobacco Shop, the first privately-owned house here (and the oldest tobacco shop still standing in the United States), you can wander through an 18th-century garden. The most inviting room in town is Salem Tavern's huge kitchen, next door to the tavern annex, which still functions as a restaurant. German specialties are served in a historic yet homelike setting.

Old Salem was a planned community, about six city blocks long, and near its opposite ends are two places no visitor should miss: to the north, God's Acre, the Moravian graveyard—row upon row of square stone markers whose dates reflect a town that flourished for more than a half century; to the south, the Museum of Early Southern Decorative Arts. Its collection, through which hostesses conduct regular tours, is displayed in a sequence of 15 period rooms that span 150 years of Southern history.

Open 9:30-4:30 weekdays and 1:30-4:30 Sundays; closed Christmas; combination tickets to all the restored buildings are $2.50 for adults, 60 cents for students.



Photographs: Alderman Studios, Rich Haggerty









Old Sturbridge Village

Purists resent Old Sturbridge because it's an imaginary village. It never existed in history. Its elements were collected from a variety of other places with the aim of re-creating, here in southern Massachusetts, a country town representative of those that dotted New England in the early 1800s. The critics miss the resonance of a true local past, and the merit of their argument is obvious.

Still, there are advantages to doing it this way. The roughly 40 buildings here, individually authentic, span the first half century of the American Republic, from 1790 to 1840, and bringing them together has the educational value of showing the development of architecture—and society—in that time. (Its educational program is one of Old Sturbridge's greatest virtues.)

Surrounding the community's Village Green, where sheep graze and a ballad singer performs in summer, stand structures not only of all styles but all functions—a Greek Revival meetinghouse with the traditional white spire, a law office, a powder house, a tavern, a bank, a general store, a row of family dwellings. Their furniture and decorations, like the buildings themselves, were gathered from all over New England.

Elsewhere on the village's 200 rolling acres, you'll see shops and mills and a school and covered bridges and a working farm where implements like those of 150 years ago are used to plow and plant the fields and do the chores.

Costumed hosts and hostesses preside in each building, and craftsmen explain their work. To the array of ancient skills displayed in other restored villages—candle dipping, tinsmithing, cabinetmaking, spinning, weaving, printing, and so on—Old Sturbridge adds others. There's fence mending in the wintertime, for instance, and tapping maple trees in the spring—after which sugar is made over open fires in big iron kettles.

Open daily 9:30-5:30 from spring through fall; 10-4 December through mid-March (to 4:30 on weekends); closed Christmas and New Year's; $3 for adults, $1 for children 6-14.



Photograph: Bill Helms



Photograph: Morley Smith



St. Augustine

The oldest city in America certainly looked it a dozen years ago. Wallowing in pathetic neglect and decay, Calle Real, the town's first street, was just a sleazy neon blight that concealed whatever traces of its more graceful past remained.

But a restoration project has been under way since then, and five separate areas of an earlier St. Augustine—scattered pockets in the modern southern city that surrounds them—have been salvaged or reconstructed. The architectural emphasis is on the Spanish 18th century, but the restorations are spread out over time as well as space, covering two and a half centuries of colonialism—from 1565, when St. Augustine was founded, to 1821, when it was ceded to the United States.

The project isn't finished, but it's far enough along to give visitors to northeast Florida lots to see. About 30 of the restored buildings are now open to the public; the rest are private offices or homes.

Especially on Calle Real (which the English named St. George Street), a feeling of the Spanish past has been recaptured. In handsome old buildings with walled gardens and jutting balconies, costumed hosts explain the history of our first permanent settlement and demonstrate an assortment of colonial crafts—including cabinetmaking, pewter casting, leatherworking, and spinning.

The main restored area is open 9-5 weekdays, 10-5 Sundays; closed Christmas. A combination ticket to the Ribera House, the Pan American Center, and the Spanish Inn is $1 (children free). Sixteen other buildings—including some with crafts—are free to everyone.

Greenfield Village

"History is bunk," Henry Ford once snorted, but that attitude didn't prevent him from later founding Greenfield Village, a repository of three centuries of our national life in a re-created community of early America. The village adjoins the Henry Ford Museum, in Dearborn, Michigan, not far from the Ford Motor Company's huge River Rouge assembly plant. Most visitors try to stop at all three places.

Sprawled over 260 pleasant acres, Greenfield Village contains nearly 100 historic buildings, most of them moved here from other parts of the country and meticulously reassembled.

The emphasis, since the village was a famous man's idea, is on structures associated with famous men: the house where Noah Webster compiled his dictionary; Thomas Edison's shop and laboratory from Menlo Park, New Jersey; the shed where the first Ford car was born; the sometime home of George Washington Carver; the bicycle shop from Dayton, Ohio, in which the Wright Brothers made the components of the first successful airplane; an Illinois courthouse on Abe Lincoln's circuit (it now contains the chair in which he was seated when he was shot); the house where Stephen Foster was born—and, inevitably, Henry Ford's own birthplace.

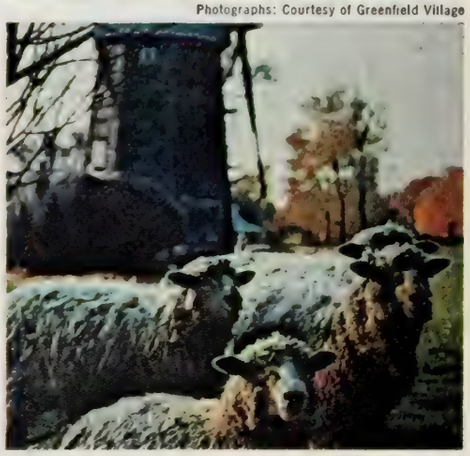
In other buildings, crafts from bygone eras still survive. Glassblowers and potters sell their hand-fashioned wares, and the clang of hammer on anvil resounds clearly from the blacksmith's shop. You can have a tintype photograph of your family made while you wait.

The growth of transportation is made much of here, of course, and summer visitors can ride their choice of stern-wheeler steamboat, old-time locomotive, or Model T Ford. Horse-drawn carriage tours of Greenfield Village run all year, with sleighs instead of carriages when the snowfall is sufficient.

Open 9-6 daily from June 10 through Labor Day and on weekends all year; 9-5 weekdays in the winter; closed Thanksgiving, Christmas, and New Year's Day; $2.25 for adults, $1 for kids 6-14.







Photographs: Courtesy of Greenfield Village

Strawbery Banke

Located on that tiny stretch of New Hampshire that touches the Atlantic, Portsmouth was always a city that tourists hurried through on their way to or from the Maine coast. It was a seaport, New Hampshire's one and only, but it had long since been eclipsed by Boston; its old waterfront, disused and decaying, had become a dumping ground hopelessly littered with the fallout of progress.

About 15 years ago, a proposal was made to demolish this eyesore section of town and replace it with a modern apartment city. But because some of the area was part of New Hampshire's original settlement of Strawbery Banke—a small town built in 1630 near banks of wild strawberries—an alternate suggestion was made to restore it, and eventually this plan won out.

Today the ten-acre site contains more than 30 preserved structures. Most of them stand on their original foundations, but a few were transported from elsewhere in Portsmouth. About a third have been fully restored and furnished, including the Governor Goodwin mansion and the Chase, Clark, Walsh, and Sherburne houses, a quartet of proud homes dating from the 17th and 18th centuries. Some of the buildings are ostentatious, others quite simple.

Weaving, spinning, and blacksmithing demonstrations are given daily, and this year for the first time visitors can tour the Boat Works and see handsome skiffs and dories being crafted by hand.

Open daily 9:30-5 from May 1 to October 31, closed the rest of the year; $2 for adults, 75 cents for kids 6-12. ■

Better Homes and Gardens

WESTERN Travel Directory

Tony Swan, Western Directory Editor

An insider's guide
to family vacation adventures
from the Rocky Mountain territory
to the Pacific coastland

Photograph: Tony Swan



Oregon's Curry County Coast

The usually reliable word "coastline" fails utterly when called upon to describe the confrontation between the 4,000-mile sweep of the Pacific Ocean and the fierce, tattered edge of Oregon. By winter the waters gather themselves up for assault after assault against the stubborn granite redoubts of the shore, creating a gloomy gray battleground fit for the heroes of Valhalla. But by summer the sun shines, the Pacific gives the coastal defenses a breather, and the land relaxes its dour aspect enough to smile.

US-101 will take you through this park-dotted panorama of cliffs, rockbound beaches, and blue-green Pacific. The road rarely ventures far inland, frequently threading its way along the mossy rock battlements that mark the fringe of the continent. The waterside portions of the highway make for the best sightseeing, and one of the finest stretches of this belongs to Curry County in the southwest corner of the state. From the California-Oregon border to the little town of Port Orford, about 63 miles, US-101 sticks to the ocean, making a fine central avenue for vacation explorations that may last only a few days but can easily be stretched into several happy weeks.

One way of sampling Curry County's sights is to divide your vacation between the area's three major towns—Brookings, Gold Beach, and Port Orford. These three communities have a number of things in common: each dates its history more or less to the 19th-century lumber and gold boom; each has a small commercial and sport fishing flotilla that doubles in size during the summer months; each is an up-and-coming tourist center. But after you've visited these three places, you're not likely to confuse them, because each has something all its own.

Brookings is the first Oregon population center northbound visitors encounter on US-101. About 2,900 people inhabit Brookings proper, with another 2,600 in the town of Harbor on the south bank of the Chetco River, the two residential areas sitting atop low bluffs that overlook a small, snug harbor.

If you've never seen a lily ranch, Brookings—and nearby Smith River, California—are the

➡

More for your Travel Dollar! See page F4 for a listing of free travel information and literature you can order



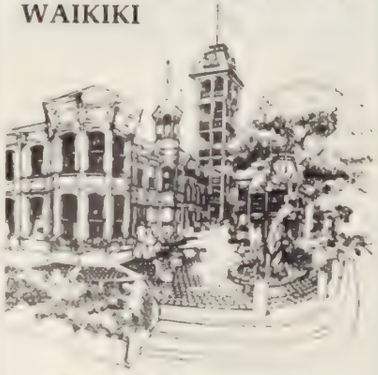
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places to go. Approximately 80 percent of all lily bulbs sold in the U.S. are grown here.

There is a touching story connected with the Brookings festival. On September 9, 1942, Lieutenant Nobuo Fujita piloted a submarine-launched airplane over Brookings and dropped an incendiary bomb in the forests of Mount Emily, about 24 miles east of town. The raid was supposed to be the first of many on the West Coast aimed at diverting American manpower. Instead, it turned out that Lieutenant Fujita was the only Japanese aviator to bomb the American mainland.

Twenty years later, Brookings Junior Chamber of Commerce members decided to bring the Japanese pilot to the Azalea Festival, and managed to locate Mr. Fujita, who agreed to come. When he arrived, he had with him his most precious possession, the 400-year-old Fujita family Samurai sword, which he presented to the people of Brookings to symbolize the healing of the breach between the two nations. The handsome sword is on display in the Brookings city hall.

Brookings got its start as a company town for the California and Oregon Lumber Company. It is one of the newer settlements on Oregon's south coast and the C and O Central Building, constructed in 1912, is now one of the principal features of Brookings' main thoroughfare.

Just south of Harbor, the Brookings-based Chetco Valley Historical Society has acquired the first house built in the area—a pre-1865 way station and trading post—for a little museum housing an interesting collection of local memorabilia (open 12-6 Wednesday through Sunday from May through September, 12-5 Friday through Sunday the rest of the year; no admission fee charged).

There is camping available at Harris Beach State Park on the north side of town, and Brookings' azaleas are on display in Azalea State Park. The road leading to Azalea Park also serves Loeb State Park, about eight miles up the Chetco, and ultimately leads to the deep forests of the Kalmiopsis Wilderness Area.

Some of the most interesting rock formations of Oregon's south coast are located just north of Brookings in nine-mile-long Boardman State an area regarded as one finest on the entire coast. ural Bridges Cove (pi on the preceding page), seven miles north of town, a great afternoon of adven for anyone in condition brisk climb. A steep trail down 300 feet to a cove fr by three windows in the During low tide condition exposed tide pools here a pecially interesting.

There are picnic groun cated on nearby Arch Point, and you'll find a out for views and pictur Mack Arch, another mile u coast.

When you've finished the various arches, you find a little refreshment in A good place to get it is at River Store, a short way of Mack Arch. The faded quiet little store and comm haven't changed significant the past 50 years.

Be sure to pause at Cap bastian State Park after le Pistol River. The view here make you feel like king o coast. There are also some ly hiking trails.

Gold Beach, the Curry C ty seat, is 28 miles nort Brookings on the south ba the famed Rogue River, wi val Wedderburn occupying other bank. The graceful s arch span that links the communities was Oregon's river bridge, built in 1932.

Although every creek river on the Oregon coast its salmon and steelhead runs, the Rogue attracts an from all over the country, as as thousands of upriver Jet and Mail Boat sightseers. boats operate from May 3 October 1; watch for sign Gold Beach.) It's an exc ride, but if the boat trip do fit into your plans, you'll find upriver drive to the tiny c munity of Agness worth y time.

Another way to see this l rinthine section of the fores the Forestry Tour, a self-gui loop laid out and marked years ago by the Society American Forestors.

If you spend some t beachcombing, you'll qui understand why it's called C Beach. Wherever a little str or rivulet empties, the c sands of the seashore are br with gold—not enough to m

ing profitable, but enough to you a sample of "color."

Accommodations in Gold ch, as in Brookings, are gen- ily pleasant and handy, but place—Tu Tu Tun Lodge, a -year-old fishing and vaca- resort about seven miles up north bank of the Rogue— ds out. An American Plan ge, Tu Tu Tun is tastefully gant and comfortably homey h its emphasis on home cook- and a casual, friendly atmo- ere. The lodge operates from ril 1 to November 30. Write ate 1, Box 365, Gold Beach 144 for reservations—you'll d them well in advance—and ormation.

About ten miles north of Wed- burn, you'll encounter one the few man-made attractions ng this section of the coast, Prehistoric Gardens, where ovingly assembled collection ferro-concrete dinosaurs ks in a moss-festooned glen singular beauty. A pair of tiny ooks run through the Gardens, well as a section of the old istal stage road. Sitka spruce, uglas fir, myrtlewood, and big f maple break the late after- on sunlight into broad golden eamers that turn the whole ce into a fairyland.

Mr. E. V. Nelson, a self- led "amateur paleontologist," researched and fabricated all Gardens' 16 life-size dis- ys, working continuously ce 1953. It is a remarkable ce of work, certain to provide enjoyable and educational p for all. The Prehistoric rdens operate seven days a ek year-round, dawn to dusk June, July, and August, 8:30 dark the rest of the year. Ad- ssion is $1.25 for adults, 75 nts for students 12-18, and 50 nts for children 5-11.

Continuing north, the next pic- e stop is Humbug Mountain, steep-sided 1,748-foot head- d, and then you reach Port ford.

Established in 1851, Port Or- d is the oldest settlement on Curry coast. It dates its tory to one of the first armed nfrontations between local dians and white men. The first rty of settlers, nine armed n, was landed on a large k June 9, 1851, along with a nnon from the steamer *Sea ll*. However, Indian attacks lodged the men, who escaped the north, returning a month er with a heavily armed party 67 men to establish a block- use and permanent settlement. e incident was one of the first the five-year Rogue River dian Wars, but Port Orford, a ld and timber center, boomed until an 1868 fire destroyed ost of the community.

Today Port Orford is a com- fortably quiet and eye-catching town of 980. The rock where the nine men were besieged is today a wayside park—Battle Rock—with a few graves of early settlers. Port Orford's new breakwater, completed in 1968, has stimulated fishing activity, and the town is becoming a favorite with vacationers.

About four miles north of town, watch for the Cape Blanco road. The cape is the westernmost point on the U.S. mainland. Its lighthouse, established in 1870, throws a beam that can be seen 250 miles at sea in good weather. There are free guided tours of the lighthouse. Visiting hours are 1-3 weekdays, 1-4 weekends and holidays, although when winds hit 25 knots or better, the lighthouse is closed to the public.

A little north of the Cape Blanco road, watch for the Sixes River, and the road that parallels its north bank for 12 miles, leading to a forest campground. Turn east when you reach the Sixes Store.

Eight miles farther north is Langlois, Curry County's northernmost town. Once a small but busy cheese-making center, Langlois is now largely abandoned, and there is an air of dreamy disuse about it. Saggy old wooden buildings bear faded messages proclaiming forgotten products, and there is such a quality of gentle, wistful decay all round that you'll find yourself waiting for the town suddenly to go out of focus.

Almost anytime is a good time to visit this section of Oregon's coast, depending on what mood you'd like to see on the land. In the winter the humbling drama of the storms lends an air of insignificance to human events. In the spring the excitement of the salmon and steelhead runs takes over—along with better weather for beachcombing, tide-pooling, agate-hunting, crabbing, clamming, and sunning. In summer there are community festivals, and pleasant hiking in the Siskyou National Forest, whose western borders are just inland from most of this stretch of coast. And in the fall the salmon run again, the deciduous trees light up the forests, and it's berry-picking season—strawberries, raspberries, crowberries, Himalaya berries, salmonberries, thimbleberries, huckleberries, blackberries, all growing wild.

For a copy of the state's thorough Oregon Parks map, write the Oregon State Highway Division, Travel Information Section, Salem, Oregon 97310. For additional information on the Curry County Coast, write the Brookings, Gold Beach, and Port Orford Chambers of Com-

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merce, or the Oregon Coast Association, P.O. Box 670, Newport, Oregon 97365.

Capitol Reef National Park

Southern Utah is a land where you can rely on some sort of geological or archaeological surprise being just around the next turn or twist of the canyon. Natural stone arches and balancing rocks are sprinkled all over the banded shale and sandstone landscape, and the red rock ruins of ancient Indian cultures—Fremont, Mesa Verde, and Anasazi—can be found perched on hundreds of precarious ledges.

One of the biggest of Utah's surprises is a geologic phenomenon known as the Waterpocket Fold, an upthrust that exposes all 13 of the sedimentary layers that make up the earth's upper crust in this area. Known in geologist parlance as a monoclinal flexure, the fold runs almost 100 miles—from Thousand Lake Mountain, near the little town of Torrey, to the Colorado River—and is the dominating feature of one of the nation's newest national parks.

Before the new park was dedicated in April of this year, there was talk of naming it for the fold. But park service officials decided to stay with the name the area has carried since its establishment as a national monument in 1937—Capitol Reef. The name comes from the round sandstone domes of the northern half of the park, similar to the domes of capitol buildings around the country, and from the propensity of old-time miners to call any rock outcropping a reef.

Capitol Reef is a park anyone can enjoy. There are natural bridges, domes, canyons, petroglyphs, ruins, and even a little Mormon history—the site of the tiny settlement of Fruita, founded in 1880, is within the park boundaries, and though the settlers are gone their fruit trees remain. In season, visitors can pick the apples, pears, peaches, and plums of Fruita (after checking with the park visitors center, which is nearby).

Although there isn't as much opportunity for four-wheel-drive exploration as in some other Utah parks, Capitol Reef does have several rather dusty but excellent dirt roads, one of them running almost the entire length of the east side of the Waterpocket Fold. The entrance to this drive is off US-24 just east of the park entrance, and it makes an excellent first leg of an interesting backcountry circle tour.



Capitol Reef National Park

About 35 miles south of US-24, the road meets the Burr Trail, which follows an old cattle trail in a breathtaking climb up a red rock cliffside (dangerous for anything much larger than a small camper) and heads west for the little town of Boulder, 36 miles away. En route the road runs along the bottom of steep-sided Long Canyon, then clambers up yet another brilliantly colored vertical wall. It is a beautiful drive.

Boulder, unobtrusively situated in an appealing green valley, is worth a quick stop. It was the last town in the U.S. to get its mail via mule train, and the refinement of paved roads reached Boulder only two years ago. On the north side of town you'll find Anasazi State Historic Monument, a small but comprehensive museum located on the site of an archaeological dig still in progress. The museum is open 8-5 daily, and there's

If you'd like to go fart afield with your driving, the r south will take you to m beautiful canyon country—a to Calf Creek Recreation A a great spot for a picnic ab 15 miles south of Boulder. three-mile hike along easy t to Calf Creek Falls is well wo the effort.

North of Boulder you'll be dirt roads again, 38 miles acr the pleasant Boulder Mount high country to the town of T rey and the western gateway the park.

Despite all the opportuni for scenic drives, Capitol R rates as a hiker's park, with tr suited to almost any level physical stamina. A map of park trails is available at visitors center, and if you're adventurous type there's a g chance you'll be able to disco something new, particularly the southern half of the a The western edge of the Wat pocket Fold is laced with t ers and domes, and in wet ye you'll find pools of water trapp in pockets along the gray c glomerate mantle that cov sections of the formation. Y can swim in some of these na ral stone water tanks, but m sure you can climb out bef you dive in.

Unlike much of Utah's c yon country, Capitol Reef N tional Park has moderate su mer temperatures. The visit center stands 5,418 feet ab sea level, and daytime readi in the 80s are the rule, with c evenings. In late summer, th derstorms sometimes mar across southern Utah, creati flash flood danger, so check w the visitors center before st ing out on any hikes if t weather looks threatening.

Optimum weather conditi begin around Labor Day a run to mid-November. Spri weather can be beautiful but unreliable.

The park can accommod 53 campers inside its borde and also features a guest lod Two private lodges, Sleepi Rainbow Guest Ranch and R Rock Lodge, operate near and both offer horseback t outings.

Should you find the Capit Reef campground full, there a other sites, much cooler, on t 10,000-foot heights of Bould Mountain in the adjacent Di National Forest.

Torrey, Bicknell, and L west of the park on US-24, ha motels, restaurants, and tra trailer accommodations.

For further information, c tact the Capitol Reef Nation Park superintendent in Torre Utah 84775.

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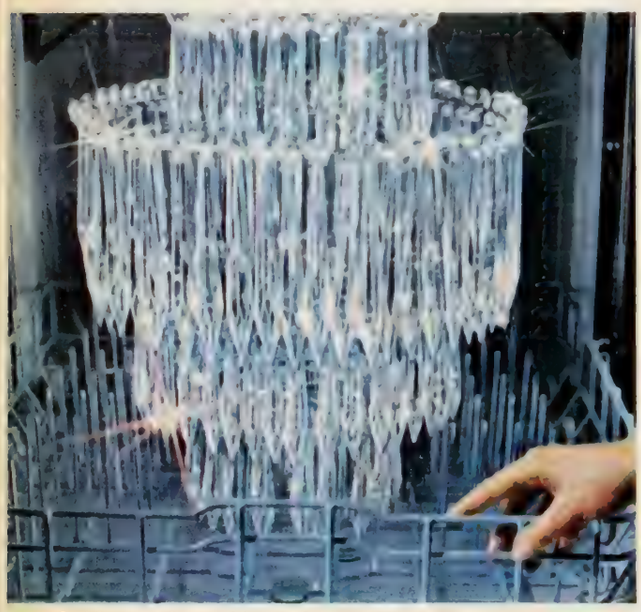
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(SAMPLE)

Cutting remarks

Although the thought of a k frost is the furthest thing your mind, it's time to take tings from your garden be plants. The resulting plant provide winter color and starts to set out next spring. can use the following meth start most plants, including begonias, impatiens, iresine coleus.



Photograph

Start by assembling a few plies. You can use wooden plastic bags, flowerpots, or cartons to hold the rooting dium, such as vermiculite, perlite, or a blend of sphagnum moss and vermic Take five- to eight-inch tip tings from vigorous, he plants — make cuts with a knife just below a joint o stem. Remove all but top c of leaves.

Most soft-stemmed plants easily without any special ment. But to insure good set, you can dip the cut en to a rooting hormone po before sticking at least hal stem into the rooting me Keep moist, but not wet, u cluster of roots forms in t three weeks. You can al eliminate watering during rooting period by slipping flat or pot into a large plastic This keeps humidity high ar exposed tops of cuttings.

If you start the cuttings plastic bag, cover the botto the bag with four or five i of the rooting medium. cuttings, and tie the top o bag. Place out of direct sun where there is good, bright

Plant the rooted cuttin individual pots filled with ting soil. A packaged mix i visable if you are potting a number, or you can blend own by combining three garden soil, two parts peat one part sand, and ¼ part coal flakes. Place on sunny dowsill; water as needed to moist until it's time to plant doors.



arcoal ow-how

arefree barbecuing, you'll to brush up on how to and control a charcoal Here are some hints that elp your outdoor cooking pace with your indoor cul- skills.

ore you heap charcoal he firebox, read the direc- that come with the barbe- nit. It may need a base of ravel, coarse grit, or spe- nsulating pellets.

lining of heavy-duty foil the gravel base or in the t will aid in protecting the cue unit.

only the amount of char- eeded for the cooking job nd—a small quantity of if you're barbecuing just chops, more charcoal for steaks.

e charcoal in a pyramid in x. Sprinkle liquid lighter lly fire starter over char- Wait a minute, then light. *use gasoline or kerosene.*

ow about 45 minutes be- cooking on lighted coals. aster starting, use an elec- re starter—it does the job minutes. Some barbecue now come equipped with lt-in starter.

als are ready for cooking they die down to a glow. coals look ash-gray by and glow red after dark. l see no flames.

e long-handled tongs to ge hot coals for the kind od you are cooking:

To use full grill surface, coals over entire firebox. Keep coals in smaller area steak or a few chops.

For kabobs, line up hot in rows that are spaced een rows of kabobs on above.

For spit roasting on unit reflector hood, pile coals a higher than usual, slight- rear of spit, and beyond of meat on spit. For an unit, arrange a ring of live around and slightly larger meat on spit. Use drip pan r meat.

determine cooking tem- ure, hold your hand over oals at height food will be. n counting "one thousand one thousand two." Each er takes about a second y. The time you can hold hand over the coals tells how hot they are: up to "one thousand two"—relatively hot; "one thousand three" or "one thousand four"—moderate; "one thousand five" or "one thousand six"—low.

• To reduce heat, lower firebox (if it is adjustable) and/or raise grill height. If you are using a ring of live coals for rotisserie cooking, rake coals out from the food to make a larger circle.

• To increase heat, reverse above procedures for reducing heat, or open drafts to let more air through.

• To add coals, warm extra charcoal around edges of live coals as a reserve supply. Then use as needed. Don't top hot coals with cold briquets—they will lower the temperature.

• Keep a clothes sprinkler handy, filled with water, to put out flare-ups. Sprinkle only enough water to extinguish fire—don't soak the coals.

"It's that old-fashioned pickle barrel flavor"



"The secret of making perfect pickles is patience," says Graeme Reid, Nalley's pickle fanatic. "First, we select the top cucumbers from cucumber crops grown specially for us. Then we age 'em in old-time wooden casks. Finally, we make sure they're slow-steeped in Nalley's own special blend of vinegars and seasonings. When we say old-fashioned pickle barrel flavor, we mean just that."

FREE RECIPE FOLDER. Send stamped, self-addressed envelope to Nalley's "Pickle Serving Ideas," P.O. Box 11040, Tacoma, Washington, 98411.

Nalley's: the good food fanatics.



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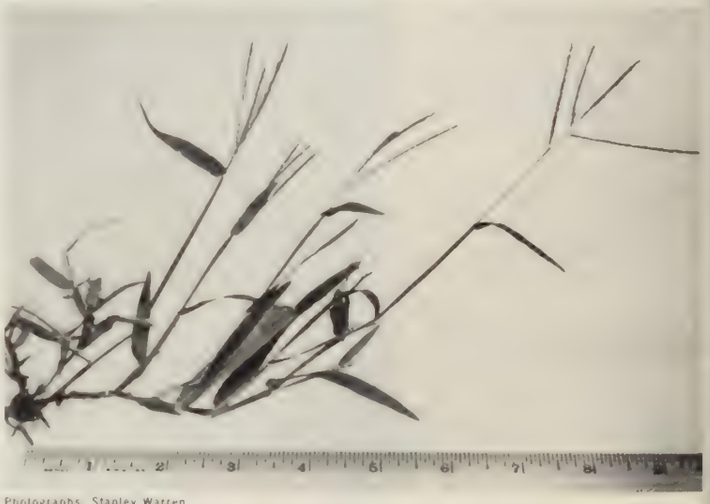
State _____ Zip _____

War on weeds

If weeds have made inroads in your lawn this summer, wipe them out now so permanent grasses will have room for vigorous fall growth. Take defensive action, too. Your best deterrent is a thick turf that leaves weeds no space to start. To beef up turf, fertilize fall and spring with lawn food, and water deeply during long dry periods.

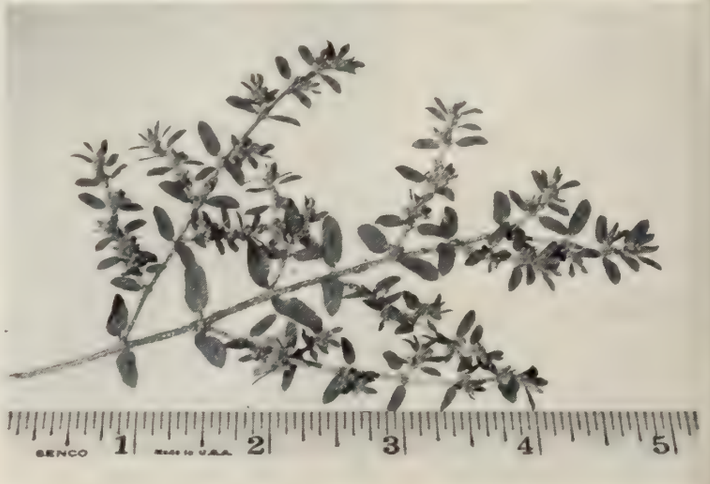
Give summer weeds the old 1, 2, 3—

1. Know the weed's name to select correct herbicide.
2. Water the lawn deeply a week before treatment.
3. Mow lawn and catch clippings before using chemical.
4. Follow directions on container label to the letter.
5. Use a spreader-sticker to keep chemical on foliage.



Photographs: Stanley Warren

Crabgrass is easily recognized by its crablike sprawl. It's killed by the first frost, but thousands of seeds are left for next year's crop. Potassium cyanate and the methyl arsonates are among several seasonal controls. Or apply preemergence-type crabgrass chemical in spring.



Spotted spurge, as well as the other most common broad-leaved lawn weeds such as chickweed, ground ivy, dandelion, knotweed, and plantain can be controlled with an application of dicamba combined with 2,4-D. The dicamba is absorbed through the plant roots as well as the leaves, so do not use within the root zone of trees and shrubs.

Pick a car dealer *Begins on page 6*

quality of the cars. Reliable car dealers don't resort to screaming headlines such as "Selling below cost!" or "We're giving them away" or "We won't be undersold."

- Dependable dealers normally have substantial facilities, usually new or recently modernized. The shady operator wants no part of a long-term mortgage that binds him to the community.

In a good dealership, service and parts departments occupy the greatest area in the dealership and equipment is modern. Honest dealers know that good service is the only sure way of keeping customers and assuring themselves long-range success.

- An honest dealer features his guarantee on used cars, parts, and service work in his newspaper advertisements, direct mail, commercial broadcasts. Such public statements are legally binding, just as though the terms were written on your repair order or sales invoice.
- The dependable dealer and his general manager are available by phone or in person to hear customer complaints. Even the best dealerships receive complaints, so the more important question is who handles them, and how.

Your choice of a dealer may be substantiated by contacting outside organizations like these:

Better Business Bureau—The BBB is financially supported by local businessmen dedicated to the elimination of fraudulent practices. The fact that a car dealer supports the Bureau is no guarantee of a clean bill of health. A file is kept on all businesses having a complaint history, and information will be given by phone concerning the nature and settlement of each case. Since most businesses—no matter how honest they are—get some complaints, ask about settlements to see who was in the right. The dealer will get no favors here because the files are not coded to indicate Bureau membership. Periodic review by Bureau managers results in loss of membership for dishonest or unethical supporters. You may call the Bureau to get information on a specific dealer and, if the report is good, chances are that you have found a reputable place to buy a car.

American Automobile Association—Triple A maintains a nationwide system of emergency auto repair specialists. Many franchise holders are also auto dealers. A prime requirement for the franchise is the maintenance of 24-hour road service and a better-than-average service facility. The unscrupulous, dishonest dealer generally wants no part of a Triple A franchise, nor could he qualify for it. Not all honest dealers have AAA franchises, but dealers who do are usually first rate: When calling the Association, ask for new or used car dealers who hold the franchise.

Consumer protection agencies—A number of these watchdog organizations have sprung up across the country. You will find them eager to warn you *against* dealers who are the target of complaints, proven or not. The agencies are generally reluctant to recommend any dealer since all are potentially suspect. When you get a negative report it's wise to ask the nature of the complaints and determine for yourself whether they reflect dishonesty by the dealer.

Local police—If you live in a small town or suburban area with local government, ask the police where they buy cruisers and what they think of the dealer's service. (This does not apply to county, state, or city police, since they buy on a low-bid basis and service their own vehicles.) Small-town police cars, and often school buses, are purchased because of product quality, service and parts availability, and dealer reputation. Price alone is rarely the determinant.

Conversely, there are some sources that you definitely should *not* contact concerning dealer selection.

A banker or finance company will recommend dealers who send them lots of installment purchase contracts. Consult your banker only if you need money or want to determine the fair market value of your car.

An insurance agent will usually recommend dealers to whom he has sold a policy or employee pension plan.

A lawyer may recommend his clients and one of his best clients may be the dishonest dealer you are trying to avoid.

Service station owners are a prime source of car prospects for dealers, and often work on a referral or "bird dog" fee. You will get the name of the dealer who pays best. Barbers, beauticians, and the nice folks at the supermarket also may be giving

Continued



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Pick a car dealer *Continued*

their advice on a referral basis.

The manufacturer's local office will advise you that *all* of their dealers are above reproach. You are wasting time and money to call and ask for an opinion on dealer honesty or the fairness of your deal. The reply will be affirmative but noncommittal.

Most dealers are honest, so you shouldn't have too much trouble finding one to deal with. Once you find him, proceed—with caution. There is a little bit of larceny in the best of us, and the best dealers cannot always vouch for every individual on their staffs.

Are you spinning your wheels by rotating tires?

According to tire makers, tire rotation every 5,000 miles is as natural as changing socks every 24 hours. Yet many car fleet operators and knowledgeable owners say scheduled tire rotation is totally impractical. Obviously, someone's wrong.

Tires last longer if rotated regularly, their makers say. One manufacturer claims as much as 20 percent increase in tire life, which means instead of getting 20,000 miles out of a set of four standard-sized tires, you could get 24,000 miles. If you figure $30 each for acceptable belted tires, that means a savings of $24 because of rotation.

But rotation with balancing isn't free. You'll pay at least four dollars for switching the tires around plus three dollars a wheel for dynamic balancing for a total of $16 at every rotation. Following the scheduled periods, you would rotate at 5,000, 10,000, 15,000, and 20,000 miles. These four rotations will cost you $64 in order to save $24 on prolonging tire life.

A few tire companies advertise free tire rotation (balancing not included), which reduces your cost to $48, still well above your potential savings.

But tire rotation does have a practical, money-saving side. When wheels go out of alignment—and front wheels often do—tire life-span can be cut drastically. The tires will wear unevenly, placing the greatest burden on the outer edges of the tread and tearing away at outer tread ribs. At 5,000 miles, an outer rib might be slightly worn below the level of the other tire ribs; at 10,000 miles, it might be completely gone, warranting replacement.

To avoid extremely uneven tire wear, yet also avoid expensive scheduled rotation, give your tires a thorough inspection every 5,000 miles. Watch the outer ribs carefully, and when they show signs of wearing faster than inner ribs, have the tires rotated and balanced.

While inspecting, remove from the grooves any stones, pieces of glass, and other foreign matter which could eventually lead to tire failure. Check for cracks which extend down to the cords, for bulges in the tire, and for snags or cuts in the sidewalls. If you spot any of these signs, replace the tire.

Get out a penny and insert it, with Lincoln's head down, into the grooves. If the top of Lincoln's head shows in any two adjacent grooves, your tires are worn below 1/16th of an inch and should be replaced. Many new tires have tread wear indicators molded into the bottoms of tread grooves. If these smooth bands appear in two or more grooves, replace the tire.

When rotation is necessary, follow the rotation diagram in your car owner's manual. With radial tires, wheel interchange from left to right is no longer recommended because tire wear increases when the direction of the wheel's rotation is changed.

Regular tire rotation, then, is not a must, but regular tire inspection is. Inspect them often, rotate them when needed, replace them as soon as they wear thin, and you will get the longest and safest use out of every tire you buy. ■

Three Popular House Plans from Better Homes and Gardens

Well-Planned Saltbox With A Balcony creates a relaxed and informal atmosphere with uncovered ceiling joists, open-air balcony, and the dramatic slope of the roof. Ideal for the beginning family—leave the upper level unfinished and complete it later. Convenience begins with the efficient use of the 1,144 square feet of living area. The length of the living room creates a spacious feeling and the knotty pine interior has a special charm. The exterior reveals it's heritage, but the neat, up-to-date windows tell you to expect something special inside. Kitchen is galley style with appliances lined up on both sides, the dining area is only a step or two away, and the bathrooms can be accessed from both sides. All in all, a charming, efficient, and economical home.

Plan 3903-D, 34′ x 50′ overall dimensions (house and garage), 1,144 sq. ft. living area.

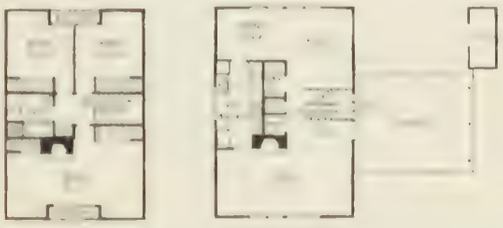






French Country Charmer welcomes all with its character and warmth. A striking and practical house, the central utility core helps cut construction costs as does the bold, mansard roof which also forms the walls of the upper level. The floor plan creates a feeling of spaciousness usually found in much larger homes. Covered carport protects the main entrance and doubles as a sheltered play area for the children.

Plan 3503-A, 24′ x 26′, 1,728 sq. ft.



A Very Traditional Contemporary, this favorite house combines New England influence with the comfort and efficiency of contemporary design. The living room opens wide window walls to the privacy of the rear garden and terrace. Note the nearly complete separation of the children's bedrooms from entertainment center of the house. The loft above the kitchen and dining areas provides a retreat for study, a children's play area or a guest bedroom.

Plan 3403-A, 70′ 6″ x 32′, 1,568 sq. ft.





Each plan package includes a complete set of working drawings, a list of materials required for cost estimating, and an outline of specifications for workmanship and materials—including points to be considered in your contract with the builder. Each plan is priced as follows:

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Amount enclosed: For plans $_____

For postage $_____ Total $_____

Name_____

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State_____ **Zip**_____

Step by step to canning vegetables Begins on page 42

11. Remove canner from heat when processing time is up. Let pressure drop to zero. Wait several more minutes before opening petcock or removing weighted gauge. Unfasten cover, tilting lid away from you.

12. Remove jars from canner. Do not tighten self-sealing flat metal lids. Seal jars with zinc caps at once by screwing the lid down tight. Cool jars upright on a folded cloth or rack away from drafts.

13. Test seals when jars are cold. Flat metal lids are sealed if the center of the lid stays drawn down when pressed. If the jar is not sealed, the lid will bounce up and down when pressed in the center. Jars with zinc caps won't leak when they are tipped if the seal is good.

14. Reprocess contents of jars that did not seal in a clean scalded jar with new lid in pressure canner. Or refrigerate and use as soon as possible.

15. Wipe jars with a clean damp cloth. Remove metal ring bands from flat metal lids. Label jars with contents and date.

16. Store jars in cool, dry, dark place.

Warning

All low-acid vegetables (every vegetable except tomatoes, pickles, and sauerkraut) *must be processed in a pressure canner.* The temperatures reached in a boiling water bath *are not sufficient* to preserve the vegetables by killing the organisms which cause spoilage and food poisoning.

Even though low-acid vegetables have been canned in a pressure canner, *boil before tasting.* Bring vegetables to a rolling boil; cover and boil 10 minutes. Boil corn and spinach 20 minutes. Destroy vegetables that look spoiled, foamy, or have an off-odor.

Look for these spoilage signs

Examine each jar of canned vegetables before opening. Bulging lids or leaks indicate spoiled food. As you open the jar, watch for spurting, mold, and off-odors. Do not use canned vegetables which show *any* sign of spoilage.

Yield of canned vegetables from fresh

This depends on such factors as quality, variety, maturity, and size of the vegetables. The chart below will serve as a guideline to help you determine approximate yield.

Generally, each of the following amounts of vegetables as purchased yields 1 quart canned.

Vegetable	Pounds
Asparagus	2½ to 4½
Beans, lima in pods	3 to 5
Beans, snap	1½ to 2½
Beets, without tops	2 to 3½
Carrots, without tops	2 to 3
Corn, sweet in husks	3 to 6
Okra	1½
Peas, green in pods	3 to 6
Pumpkin	1½ to 3
Spinach; other greens	2 to 6
Squash, summer	2 to 4
Squash, winter	1½ to 3
Sweet potatoes	2 to 3

CANNING VEGETABLES

Vegetable	Preparation for canning	Pressure canner minutes at 10 lbs.	
		half-pints and pints	1½ pints and quarts
Greens, all kinds	Wash thoroughly; cut out tough stems and midribs. Steam 2½ pounds greens in cheesecloth bag till well wilted, 10 minutes. Pack hot greens loosely into hot jars leaving ½-inch headspace. Add ¼ teaspoon salt per pint and ½ teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process in pressure canner.	70 minutes	90 minutes
Mushrooms	Trim stems and discolored spots. Soak in cold water 10 minutes. Wash thoroughly. Slice or leave small mushrooms whole. Steam 4 minutes or heat gently, covered, without liquid 15 minutes. Pack hot into hot pint jars leaving ½-inch headspace. Add ½ teaspoon salt per pint. For good color, use ascorbic acid color keeper using package directions. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process in pressure canner.	30 minutes	
Okra	Wash; trim off stem end. Precook 1 minute in boiling water. Slice or leave whole. Pack hot into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process in pressure canner.	25 minutes	40 minutes
Peas, green	**Hot pack:** Shell; wash. Cover with boiling water; bring to boil. Pack hot peas loosely into hot jars leaving 1-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving 1-inch headspace. Adjust lids. Process in pressure canner.	40 minutes	40 minutes
	Cold pack: Shell; wash. Pack loosely into hot jars leaving 1-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving 1½-inches headspace. Adjust lids. Process in pressure canner.	40 minutes	40 minutes
Potatoes, new white	Select potatoes 1 to 1½ inches in diameter. Wash, pare, and precook in boiling water 10 minutes. Pack hot into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process in pressure canner.	30 minutes	40 minutes
sweet	**Dry pack:** Wash; sort for size. Precook in boiling water 20 to 30 minutes till barely soft. Remove skins; cut up. Pack hot into hot jars leaving 1-inch headspace; press gently. Add no liquid or salt. Adjust lids. Process in pressure canner.	65 minutes	95 minutes
	Wet pack: Wash; sort for size. Boil till skins slip off easily. Remove skins; cut potatoes in pieces. Pack hot into hot jars leaving 1-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving 1-inch headspace. Adjust lids. Process in pressure canner.	55 minutes	90 minutes
Pumpkin	Wash; remove seeds; pare and cube. Barely cover with water; bring to boil. Pack hot into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling cooking liquid leaving ½-inch headspace. Adjust lids. Process in pressure canner.	55 minutes	90 minutes
	Sieved pumpkin: Wash pumpkin; remove seeds. Pare and cut up. Steam about 25 minutes or till tender. Put through food mill or strainer. Heat through, stirring to prevent sticking. Pack hot into hot jars leaving ½-inch headspace. Add no salt or liquid. Adjust lids. Process in pressure canner.	65 minutes	80 minutes
Squash, summer	Wash; trim ends but don't pare. Cut in ½-inch slices. Halve or quarter large slices.		
	Hot pack: Barely cover with water; bring to boil. Pack hot into hot jars leaving ½-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling cooking liquid leaving ½-inch headspace. Adjust lids. Process in pressure canner.	30 minutes	40 minutes
	Cold pack: Pack tightly into jars leaving 1-inch headspace. Add 1 teaspoon salt per quart. Cover with boiling water leaving ½-inch headspace. Adjust lids. Process in pressure canner.	25 minutes	30 minutes
winter	Follow directions for pumpkin.		

To every woman who ever defrosted a "no defrost" refrigerator.

You can spend good money on a refrigerator that you're told will defrost itself, only to find that you have to defrost it anyway. Before you buy anything, Sears urges you to get a few facts straight:

FACT 1. There are basically three kinds of self-defrosting refrigerators on the market today:

"Automatic Defrost"	The refrigerator defrosts automatically, but *not* the freezer. You have to defrost the freezer by hand.
"No Frost"	Both the freezer and the refrigerator defrost themselves. But as in any refrigerator, it's heat that melts the frost. So the food inside may get too warm, *unless* cold air is forced back quickly. Some "No Frost" models do *not* have forced-air systems. Some do.
Sears Coldspot "Frostless"	When Sears says frostless, we mean visible frost will *never* form in refrigerator *or* freezer. A flow of *forced* air keeps food cold. Even frozen food stays thoroughly frozen.

Sears sells both "Frostless" and "Automatic Defrost" models. Our "Automatics" are fine machines with nice modest price tags.

But our latest model, the Coldspot Frostless, is *completely* frostless—refrigerator *and* freezer.

FACT 2. Get a zero-degree freezer for firm ice cream and good-tasting meat. The new Coldspot has a true zero-degree freezer. That's why ice cream stays scoopable, doesn't get mushy. Meat freezes fast and retains flavor. And it's a *201-pound* freezer by official industry standards.



FACT 3. If you're paying a little more for a good defrosting system, you might as well get the latest features, too.



Like Sears exclusive Humidrawers.™ They're air-tight, so fruits and vegetables stay fresh far longer than in conventional crispers. (Lettuce keeps up to *twice* as long.)

There's an ice maker that keeps you supplied with 8 pounds of cubes—and a water dispenser with a shut-off valve to prevent drips and dribbles.

The shelves are *no-rust* aluminum, almost infinitely adjustable.

And the Coldspot comes in Avocado, Tawny Gold, Coppertone, White.

FACT 4. Sears Coldspot has an "extra" you can't see. Sears itself.

Sears reliability is built right in. If you ever need service it's as close as your phone.

See the Coldspot Frostless at most Sears, Roebuck and Co. stores and in the catalog.

While you're at Sears, get a copy of our new booklet, "All About Defrosting Systems." Free.

Sears

The Coldspot Frostless.

When Sears says frostless, we mean frostless.



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Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed.

Proof: you can cut costs and still build the house you want

Page 28 bottom left: Staircase—Duvinage, Box 828, Hagerstown, Md. 21740.
Page 29: Fabric—Scuda, Inc., 55 Chapel St., Newton, Mass. 02158. Game—Scuda, Inc. Wood furniture unit—John Adden, 10 Thacher St., Boston, Mass. 02187.
Page 30: Lights—Prescolite Mfg. Corp., 1251 Doolittle, San Leandro, Cal. 94577. Wassily chairs—Knoll International, 745 Fifth Ave., N.Y., N.Y. 10022. Couch—John Adden, 10 Thacher St., Boston, Mass. 02187. All fabrics—Scuda, Inc., 55 Chapel St., Newton, Mass. 02158.
Page 31 (bottom): Counter—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202. Fabrics—Scuda, Inc.

The American country look

Page 44 (top): Monk's bench, round table, chairs, console table—H. T. Cushman Mfg., Div. General Interiors Corp., North Bennington, Vt. 05257. Pewter bowl—Woodbury Pewterers, RR 6, Woodbury, Conn. 06798. Clock—Colonial of Zeeland, 108 N. Colonial St., Zeeland, Mich. 49464.
Page 45 (bottom): Bed, chair, table, highboy—Pennsylvania House, General Interiors, Lewisburg, Pa. 17837.
Page 46 (bottom): Sofa, chair—Interior Crafts, Inc., 2513 W. Cullerton, Chicago, Ill., 60608. Armchair, dry sink, hutch—Ethan Allen, 205 Lexington Ave., N.Y., N.Y. 10016. Poaching pan—Jack Housman, Inc., 1201 Trade Mart, Dallas, Tex. 75701. Plates, tankards, tureen—Tronvalles, Inc., 64 Grove St., Watertown, Mass. 02172.
Page 47 (top): Plate "Capistrano"—The Taylor, Smith & Taylor Co., Box 562, E. Liverpool, Ohio 43920. Goblet "Hoffman House"—Imperial Glass Corp., Bellaire, Ohio 43906. Breadboard, salt bowl—International Craft Designs, Box 1084 FDR Station, N.Y., N.Y. 10022. Candle holder—Baldwin Hardware Mfg. Corp., 841 Wyomissing Blvd., Reading, Pa. 19603. Flatware—Dansk Designs, Ltd., Radio Circle Rd., Mt. Kisco, N.Y. 10549. (center) Table, chairs—York County Furniture, 30 Hotaling Place, San Francisco, Calif. 94111. Trunk—Mike Bell, Inc., 419 N. Wells St., Chicago, Ill. 60610. Hanging lantern—Thomas Industries Inc., 207 E. Broadway, Louisville, Ky. 40201. Rug—Concepts International, 919 3rd Ave., N.Y., N.Y. 10022. Dinnerware—Dansk Designs, Radio Circle Rd., Mt. Kisco, N.Y. 10549.
Page 48 (top): Chair—monk's bench—Burlington House Furniture, Globe Div., Box 391, High Point, N.C. 27261. Lamp, table—Tyndale, Inc., 230 5th Ave., N.Y., N.Y. 10001. Box—Sarreid, Ltd., Wilson, N.C. 27893. (bottom left) Dinner plate "Blue Onion"—Wallace Silversmiths, Wallingford, Conn. 06492. Pewter plate—S. P. Skinner Co., 225 5th Ave., N.Y., N.Y. 10010. Flatware "Bamboo"—Hall Cosmos Products, Div. of Cosmos Electronics Ltd., 2145 Marion Place, Baldwin, N.Y. 11510. Goblets—Independence Glass, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (bottom right) Chair—Knoll International, 745 5th Ave., N.Y., N.Y. 10021. Egg-shaped lamp, throw, pillows—John Strauss International, 150 E. Erie St., Chicago, Ill. 60611. Rug—Rosecore Carpet Co., 979 3rd Ave., N.Y., N.Y. 10022.
Page 49: Wing chair—Bernard & Symonds, 10 Milling Rd., Holland, Mich. 49423. Deacon's bench—Heywood-Wakefield, Gardner, Mass. 01440. Tables—Davis Cabinet Co., 901 S. 5th St., Nashville, Tenn. 37206. Table lamp—Knob Creek of Morganton, Box 995, Morganton, N.C. 28655. Wallpaper—The Warner Co., 6-134 Merchandise Mart, Chicago, Ill. 60654. Weathervane—Nettle Creek Gallery Classics, Peacock Rd., Richmond, Ind. 47374. Rug—Stark Carpet Corp., 979 3rd Ave., N.Y., N.Y. 10022. Chandelier, andirons—Virginia Metalcrafters, 1010 E. Main St., Waynesboro, Va. 22980. Baskets—E. O. Meertz & Co., Inc., 100-118 N. 63rd St., Philadelphia, Pa. 19139. Steeple clock—Colonial of Zeeland, 103 N. Colonial St., Zeeland, Mich. 49464. Quilt, dough bowl, hearth broom—The American Craftsman, 2348½ N. Clark St., Chicago, Ill. 60614. Ironstone tureen, pitchers—Red-Cliff Co., 1911 Clybourn Ave., Chicago, Ill. 60614. Small hutch—York County Furniture, 30 Hotaling Place, San Francisco, Calif. 94111. Dinnerware "Zaalberg Stoneware"—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. Lantern, warming pan, and kettle, candlestick—S. P. Skinner Co., Inc., 225 5th Ave., N.Y., N.Y. 10010.
Page 51: Triple hanger, bed, stove, table, pegboard, woodbox, sconce—Shakertown at Pleasant Hill, Harrodsburg, Ky. 40330. Oval boxes, chair—Guild of Shaker Crafts, 101 W. Savidge St., Spring Lake, Mich. 49456. Lamp—Tyndale, Inc., 230 5th Ave., N.Y., N.Y. 10001. Rug—Mountain Artisans, Inc., 231 Kanawha Blvd. E., Charleston, W. Va. 25301. Paint—Shakertown Green Seed Fingerprint Paint Mfg. Co., 830 W. Main, Louisville, Ky. 40202.
Page 52 (top): Chair, couch—Drexel Furniture Co., Drexel, N.C. 28619. Pegboard—Shakertown at Pleasant Hill, Harrodsburg, Ky. 40330. Paint—J. C. Penney Co., Inc., 1301 Ave. of Americas, N.Y., N.Y. 10019. Basket weaves—Richards Morgenthau, Inc., 220 5th Ave., N.Y., N.Y. 10010. Basket wigwams—Rosenthal Netter, Inc., 220 5th Ave., N.Y., N.Y. 10001. Wallpaper "Masterpiece Fields"—W. H. S. Lloyd Co., Inc., 3330 48th Ave., Long Island City, N.Y. 11101. (bottom) Lotus—Chesapeake Mfg. Co., 481 W. Main St., Avon, Mass. 02322. Clothespins—Box of Wood Products, Box 1, Hillsboro, Ore. 97123. Guild of Shaker Crafts, Inc., 101 W. Savidge St., Spring Lake, Mich. 49456. Magazine rack, sofa—Drexel Furniture Co., Drexel, N.C. 28619. Carpet—Worth-Weave Carpet Co., 919 3rd Ave., N.Y., N.Y. 10022.
Page 53 (top): Round table, side table, cooker—Shakertown at Pleasant Hill, Harrodsburg, Ky. 40330. Sofa, chair, sofa tables, cabinet—Drexel Furniture Co., Drexel, N.C. 28619. Lamp—Tyndale, Inc., 230 5th Ave., N.Y., N.Y. 10001.
Small print—Austin Productions, Inc., 1037 62nd St., Brooklyn, N.Y. 11204. Large print—William Iselin & Co., 375 Park Ave., N.Y., N.Y. 10022. Painting—Vanguard Studios, Inc., 20746 Dearborn St., Chatsworth, Calif. 91311. center right: Plate "Bittersweet"—Independence Ironstone, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Butter plates, goblets—S. P. Skinner Co., 225 5th Ave., N.Y., N.Y. 10010. Flatware "1810"—International Silver Co., Meriden, Conn. 06450.
Page 54 (top): Print "New York Graphic Society, 1971 Putnam, Greenwich, Conn. 06830. Pegboard—Shakertown at Pleasant Hill, Harrodsburg, Ky. 40330. Oval boxes, box, cheesecutter's candle holder—Guild of Shaker Crafts, Inc., 101 W. Savidge St., Spring Lake, Mich. 49456. Shelf—Sears, Roebuck & Co., 925 S. Homan Ave., Chicago, Ill. 60607. Table, storage units, candle server, chair—Founders Furniture, Div. of Thomasville Furniture Industries, Box 339, Thomasville, N.C. 27360. (bottom right) Plates, coffeepot, casserole—"White Tree" from Mountain Stoneware, Inc., Lamar Bloomery, Tenn. 37680. Goblets—International Craft Designs, Box 1084, FDR Station, N.Y., N.Y. 10022. Oval boxes—Guild of Shaker Crafts, Inc., 101 W. Savidge St., Spring Lake, Mich. 49456.
Page 55: Rocker, three-legged candlestand, pegboard, stove, woodbox—Shakertown at Pleasant Hill, Harrodsburg, Ky. 40330. All other items—Guild of Shaker Crafts, Inc., 401 W. Savidge St., Spring Lake, Mich. 49456.

American country crafts

Page 56: Bed, table—Shakertown at Pleasant Hill, Harrodsburg, Ky. 40330. Boxes—Guild of Shaker Crafts, Inc., 101 W. Savidge St., Spring Lake, Mich. 49456. Lamp—Tyndale Inc., 230 5th Ave., N.Y., N.Y. 10001. Batting—Globe Quilting Co., 1631 Yosemite Ave., San Francisco 94124.
Page 57 (top): Candlestick—Virginia Metalcrafters, Inc., 1010 E. Main St., Waynesboro, Va. 22980. Planter—Jack Housman, Inc., 2101 Trade Mart, Dallas, Tex. 75701. Bottom left—Table—H. T. Cushman Mfg., Division of General Interiors Corp., North Bennington, Vt. 05257. Hanging hook holding wicks—James River Collection, Baldwin Hardware Mfg. Corp., Reading, Pa. 19603.
Page 58 (top): Bed—Pennsylvania House, General Interiors, Lewisburg, Pa. 17837. Fabric prints—Naz-Dar Co., 1087 N. Northbranch, Chicago, Ill. 60622.
Page 59 (top): Sofa, table—Drexel Furniture Co., Drexel, N.C. 28619. Rug yarn—Aunt Lydia's Fancy Thread Co., High Ridge Park, Stamford, Conn. 06905.

Country cooking

Page 61 (bottom): Plate—Los Angeles Potteries, 2400 S. Alameda, Lynwood, Calif. 90262.
Page 63 (top): Jars—Ball Brothers Co., Inc., 402 S. Colbert St., Muncie, Ind. 47302. Jars—Kerr Glass Mfg. Corp., 611 S. Sheila Place, Los Angeles, Calif. 90005.

Prize tested recipes

Page 79 (left): Bowl—Block China Co., 33 E. 26th St., N.Y., N.Y. 10010. Salt & peppers "Fraber"—Europa Commerce, Inc., 9 Urban Ave., Westbury, N.Y. 11590.
Page 80 (bottom left): Plates "Taos"—Independence Ironstone & Glass, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (top right) Plate, cup & saucer—Millard Norman Co., 4688 Paddock Rd., Cincinnati, Ohio 45229.



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GARDENING IN AUGUST

Though gardening in August may not have the appeal of gardening in April, don't let the heat get you down. Now is the time to: **trim** and **edge** lawns, **cut back** petunias, and **divide** iris.



Trim and edge lawns

If your lawn, low-growing ornamentals, or weeds are getting out of bounds, it's time to do some edging. By this time of year, plant growth is usually creeping into walks, driveways, and planting beds.

It's easy to improve the appearance of your landscape by keeping crisp edges between plant growth, lawns, and paved areas. Use mowing strips of poured concrete, bricks, or other materials to reinforce planting patterns and simplify mowing. Redwood 2x4s are sometimes used, buried on edge to separate areas. Whatever material you use, the important thing to remember is to keep it level with the lawn surface so the mower wheel can run on it.

Other edging materials are simply bands of metal or plastic inserted in the ground to keep plants and material in place, as shown.

Modern cordless electric shears and trimmers uncomplicate the job of trimming and edging along curbs, walks, driveways.

Hand-operated power trimmers also let you cut under fences and around walls, to minimize hand pulling of weeds.

Divide and plant iris

Though iris will grow almost anywhere, they thrive in a level spot with good drainage, sun, and normal fertility. Don't add fresh manure to the soil where iris are to be planted.

Superphosphate is one chemical additive that is bound to benefit iris. Mix one to two tablespoons into the soil where iris are to be planted.

The rhizomes should be plump and firm and free from di Soft spots indicate dry r other disease.

Whether you're planting iris or dividing and repla old clumps, there are some steps to follow. If you are u to plant the roots right protect against dehydratio wrapping them in plasti moist burlap.

Lift an established clun iris with a spading fork an off sections of new growth, ing rhizomes of maxi length. Discard tough old zomes in the center of the and cut the leaves back on to a fan shape.

Dust the cut surface an tire rhizome with gypsum. cupful of powdered gypsu work into soil for each grou



Plant five fans in an 18-i diameter circle. Set so the end of rhizome is pointed to center of the circle. Place zome on a mound of soil in tom of shallow hole and sp roots down sides. Cover soil and firm. Rhizome sh be barely covered. Good bl the first spring can be expe and it will improve the se year. Divide and replant three or four years.

Cut back petunias for fall bloom

If you are looking for ano burst of color from your pet plantings, be sure to prune t back this month.

You can use a variety of h tools for this task: grass she hand clippers, or hedge trimm Trimming encourages the mation of new blooming gro As soon as the trimming is c pleted, feed each plant wit small handful of mild (6-1 plant food.

The plants should quickly this to use for new growth another round of flowering. ter-in plant food to avoid b ing the foliage.



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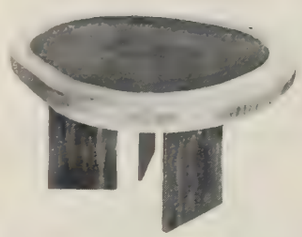
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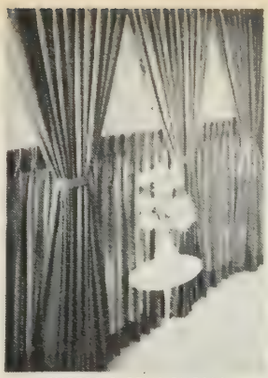


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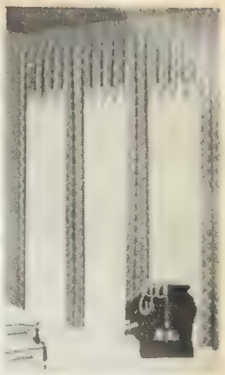
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LILLIAN VERNON Dept. HA3, 560 S. Third Ave. Mt. Vernon, N.Y. 10550



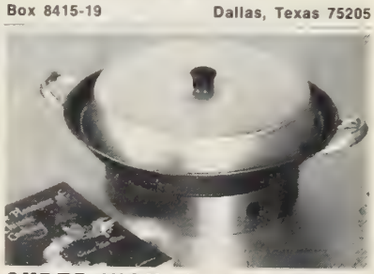
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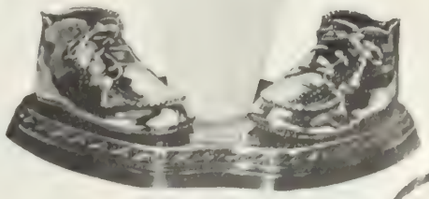
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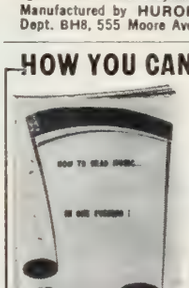


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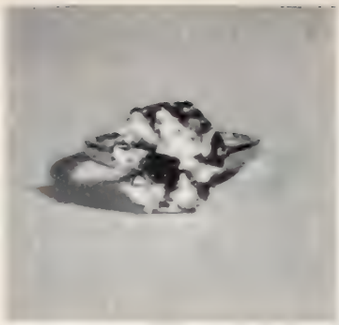
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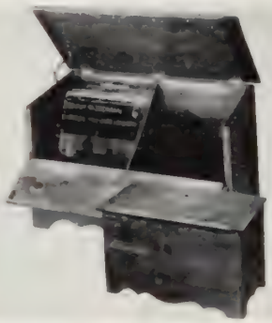
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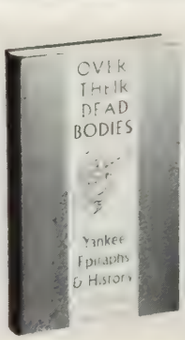
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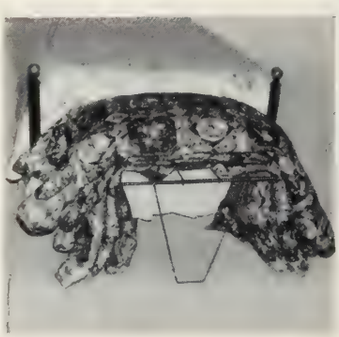
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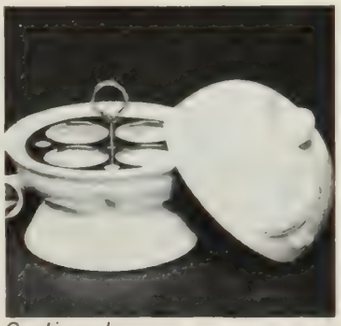
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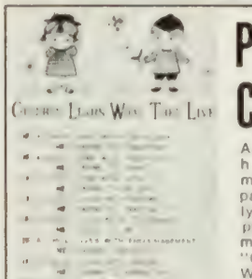
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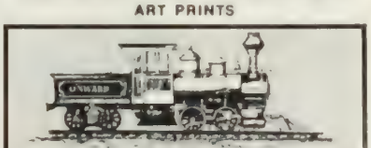


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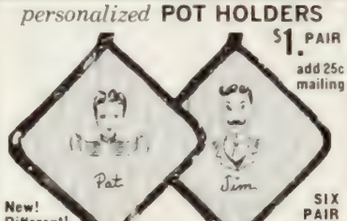
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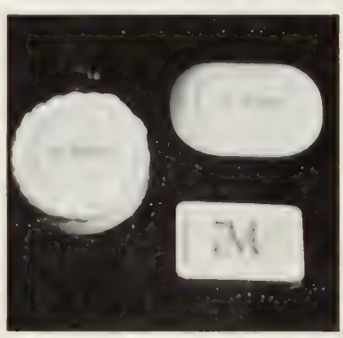
Vacuum caddy

Hold all vacuum accessories together. Rack mounts on wall or back of door—tools go in basket, hose hangs on hooks below. Holds all brushes, nozzles and carpet tools. Made of vinyl cushion-coated wire. 11½" x 4" x 7½" high. Sandalwood color. Screws incl. #5324, $1.98 + 35c post. Country Gourmet, Dept. HA, 545 S. Fourth Av., Mt. Vernon, N.Y. 10550.



Grassy doormat

Bring the garden right up to your door. Doormat has the lush look of a freshly-mown lawn. Has a cluster of 3 white daisies "growing" on one corner. Made of tough, long-wearing polypropylene (resembles Astroturf). Shaggy surface removes mud from shoes. 18" x 26½". $4.75 ppd. Walter Drake, BH30 Drake Bldg., Colorado Springs, Colo. 80940.



Personalized bath soap

Your initials are imprinted in gold, charming Old English monograms or names in sophisticated script. Design will last as long as the soap does. Finest French milled soap, scented with subtle cologne. 3 hand bar box: $4.25 ppd. Deluxe box contains a shower ball, three hand bars and two bath bars: $10.50 ppd. Bolind, BHG8, Boulder, Colorado 80902.



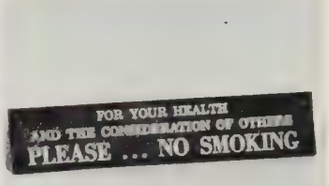
Baroque doorknobs

Doorknobs copied from a French original cast metal 18-kt. gold-plated, antiqued to bring out every detail. In left and right-hand version: #1927, right hand knob: $2.98, two for $4.98; #1930, left-hand knob: $2.98, two for $4.98; #1931, one of each: $4.98. Plus 35c post. Lillian Vernon, Dept. HA3, 560 S. Third Ave., Mt. Vernon, N.Y. 10550.



Keep car neat

Hold-all car armrest eliminates clutter while it helps you to avoid driving fatigue. Handy, portable armrest has 3 fitted compartments for maps, paper, pencil, lunches, toys, cameras, etc. Made of rugged polypropylene with unbreakable hinge. Covered with Morocco leather. $6.98 ppd. Order from Holiday Gifts, Dept. 408-P, Wheat Ridge, Colo. 80033.

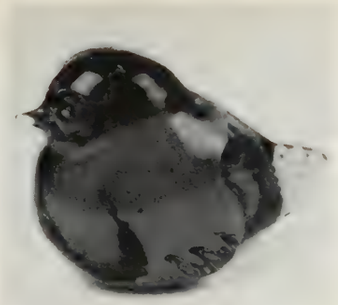


"No smoking"

You'll be doing everyone a favor when you place this handsome and helpful marker on your desk or wall. Why encourage smoking? Distinctive lettering in solid walnut. 8½" long, 1¾" high, felt padded base for stability on desk. Order GH. For wall, order GWH. $1.95 + 45c post. Spear Engineering, 3048 Spear Bldg., Colorado Springs, Colo. 80907.

rystal lovebird

elicately detailed in rich deep ue, this charming piece will ring pleasure to all those who ppreciate life's finer things. gned by "Tyko," the famous wedish artist who designed it, rd is truly a collector's item. Buy everal for gifts. $5.50 each, two r $10.50. Add 50c postage. The erry House, Dept. BH-8, Briarliff Manor, N.Y. 10510.



ntique cradle telephone

ecorator phone has a base 4¾" 5¾" and is 5" high. In 10 decator colors: pink, blue, green, ellow, white, beige, ivory, gold, ack or red. Fitted with a standard cord and plug for instant se. $23.95 + $1.50 post. With uzzer and decorated dial: $34.95. ree catalog. Grand Com, Inc., ept. BHG8, 324 Fifth Ave., N.Y.C. 0001.



wirl ring

o elegant and graceful—you'll ally enjoy this delicately crafted ng. In 14-kt. white gold with himmering two carat Strongite® one accented by two smaller trongites. Man-made, pure white awless stones and guaranteed gainst scratching and chipping. 49.00 ppd. Write for free catalog. he Strongite Co., 2 West 47 St., ew York, N.Y. 10036.



elestial bouquet

aptivating table-top mobile akes fund raising a breeze for ubs and organizations. Retails r $2.00. Your profits are guaraned in accordance with the numer of members selling, or Abigail artin will send you her "guaraned profits" check. For complete etails write Abigail Martin, 1113 ashington Ave., Dept. B110B, t. Louis, Mo. 63101.



eplace towel bar

seconds, you can replace a roken or chipped towel bar without struggling with brackets. This 4" Polystyrene bar can be cut to ze and loaded in place with pring end caps. Solid white or rystal clear. Satisfaction guaraed. $2.95 ppd. 36": $3.95. Westerg Enterprises, Ltd., Dept. BH-, P. O. Box 4749, Colorado prings, Colorado 80909.



Magic" timer

ust set it and forget it—this 24 our irregular-interval timer truly as a "mind of its own!" Will start ny light or appliance at the time ou set, but turns off at random. ou'll fool burglars! 5' cord, UL pproved. 125V, 15 amps. In avoado, gold or woodgrained: $12.98 ach; two for $25.75. Order from ollier's, Dept. H872E, Box 585, kokie, Ill. 60076.



Continued

Good Ideas by mail from Walter Drake

4058 DRAKE BUILDING, COLORADO SPRINGS, COLORADO 80940



PERSONALIZED VINYL DOOR MAT

For your own home and for gifts! Tough, springy vinyl tips trap sand, grass, dirt. Self draining. Name is molded in white letters (max. 17) on blue, green, red, brown or black mat. 19" x 30". Specify color. 2-4 weeks delivery.

D7053 Door Mat $6.98



EASY COMB FOR PETS

Now you can comb out knots, mats, snarls and burrs from your pet's hair without strain or pain. Leave his coat smooth and neat. Knurled brass safety blades remove snarls, etc. as you comb through coat. A pet owner's must.

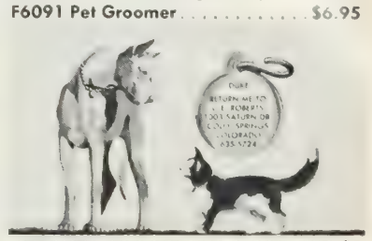
F6091 Pet Groomer $6.95



SELF-STICK GOLD FOIL LABELS

Gleaming gold foil labels stick anywhere - a smart touch to personalize letters, books, cameras, briefcases, records, etc. Classic border, handsome black printing. 1" x 1¼". Up to 4 lines, 27 letters and spaces per line.

P4010 250 Gold Foil Labels $1.98



RETURN ADDRESS TAG FOR PET $1

No need to worry about your pet getting lost! This lifetime return address tag shows the pet's name plus your name, address and phone number...all engraved in polished stainless steel. Easy to put on collar. Hook included.

P4008 Pet Return Address Tag $1



REST AS YOU PEDAL INCHES AWAY!

Pedal a few minutes each day to firm up your leg and thigh muscles...tummy too! Go no further than your favorite [illegible] Adjustable pedal [illegible] to your height. Folds for storage. 11" [illegible] made of tubular steel.

F1106 Pedal Exerciser $5.98



SEW ZIGZAG STITCHES EASILY!

Simply remove regular foot, put Zigzagger on needle bar and you're ready to sew decorative stitches on dresses, towels, tablecloths, etc. Adjusts easily from a narrow to wide stitch. Fits all domestic and imported machines.

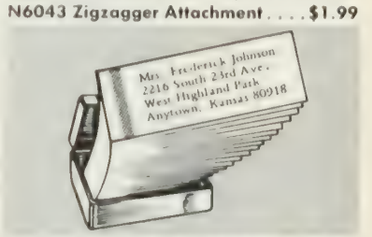
N6043 Zigzagger Attachment $1.99



2-FT. X 3-FT. POSTER

Send us any black & white or color picture you'd like to treat as shown at right and have it enlarged into a giant 2 ft. x 3 ft. black & white wall poster. Shipped on sturdy mailing tube. Your original returned safely.

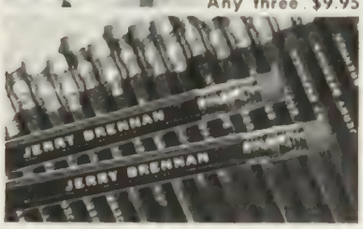
P5009 2-Ft. x 3-Ft. Giant Photo $3.98
Any two $7.25
Any three $9.95



1000 RETURN ADDRESS LABELS $1

Quick, easy way to put your name and address on letters, records, boxes. Any name, address & zip code up to 4 lines beautifully printed in black ink on white gummed labels, rich gold trim. Free handy box.

S716 1000 Labels $1



12 PERSONALIZED PENCILS 69¢

Any first and last name you want, beautifully imprinted in gold letters on high quality Venus pencils. Great for [illegible] personalized. Full size, No. 2 lead. Rubber eraser.

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Low-cost way to mark clothes for school, camp [illegible]. Printed in indelible red ink on white tape. Laundry proof. Letters are ¼" high.

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Bank No. from Master Charge _____



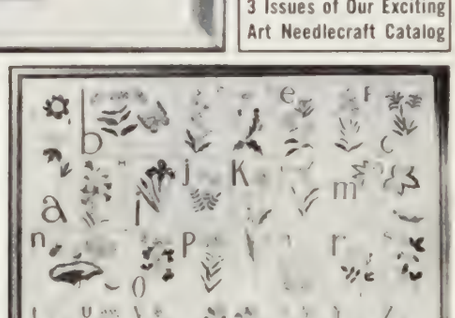
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Here is one of this year's prettiest new designs for a picture or pillow top. Kit includes design on 17" x 17" natural Belgian linen; finest crewel yarns in shades of blue, pink, green and gold; needle and easy directions. Matching Violets and Pansies design also available. Only **$3.95** plus 35¢ postage for each kit.

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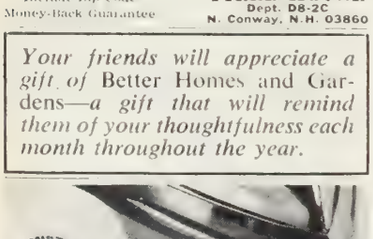
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By Nina Doreson



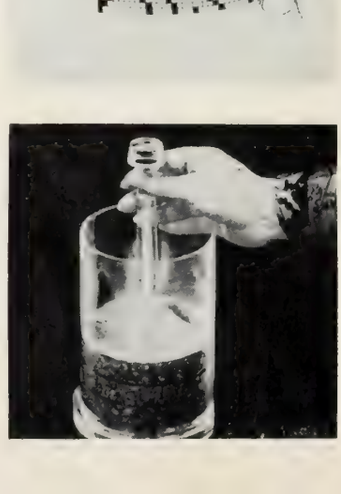
Needlepoint pillow top

Nasturtiums bring the garden indoors. So bright! The orange flowers are worked in diagonal mosaic stitch to add texture and dimension. Kit includes 14" x 14" design on 18" x 18" white canvas, tapestry yarns for design and background, needle and instructions. Fin. size: 14" x 14". $3.95 ppd. The Stitchery, Dept. BHG8, Wellesley, Mass. 02181.



Walnut recipe chest

All your favorite recipes will be neatly held together in this walnut wipe-clean thermoplastic chest. There's room for loose recipes, clippings, notes, stamps, coupons, etc. Holds thousands of 3" x 5" cards (not incl.). Top lid doubles as a reading stand for 2 cards. 21 preprinted tab separators. $5.98 + $1.00 post. Holiday Gifts, Dept. 408-M, Wheat Ridge, Colo. 80033.



Delft thimble

Imported from Holland, here's the perfect sewing box accessory. Tiny treasure is only ¾" tall, but will give the lady who sews so much enjoyment. Traditional Dutch scene is hand-painted in blue delft on fine pastel blue china. Signed for authenticity. $1.50 each; two for $2.75. Add 25c post. Ferry House, Dept. BHT, Briarcliff Manor, New York 10510.

6' Crossword puzzle

All puzzle fans will find this 6' puzzle to be the ultimate challenge! You'll spend many happy hours trying to do this puzzle with its 1,972 definitions! Exciting and stimulating. A great gift for anyone with a really sharp mind. Relaxing—interesting too! $2.95 + 25c post. West-Berg Ent., Ltd., Dept. BH-8, Box 4749, Colorado Springs, Colo. 80909.

Burger maker

Make and stack up to a dozen patties at a time. All are 4" in diameter (you can vary the thickness). Each is separated by a reusable plastic disk. Use for ground meat, potatoes, etc. Made of tough acrylic plastic. Avocado. 8 disks: $6.95 + 85c post. 24 extra disks: $1.79. Catalog: 25c. House of Minnel, Deerpath Rd., Dept. 282E, Batavia, Ill. 60510.

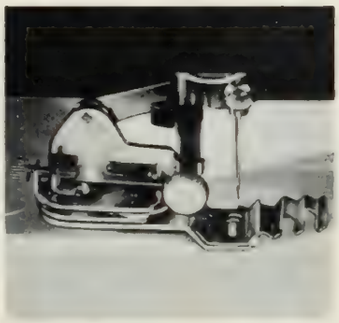
ddderback chair kit

it yourself, have fun, and save ney: this chair is an authentic lica of an old ladderback. Fin- hand-craftsmanship. Made of ch. Sanded for easy assembly. l instructions included. 44" h. Seat: 17½" x 15" x 18" \$21.50 ppd. Set of 4 or more: 0.50 each. Ppd. Add \$1.25 W. Miss. Yield House, D8-2, North nway, N. H. 03860.



igzag attachment

w any sewing machine can be nverted to do zigzag stitching. s all domestic and standard ma- nes. Do decorative work on sses and sportswear, table- ths, towels, etc. Remove reg- r foot, insert zigzagger and v. Adjust from narrow to wide tch. \$1.99 ppd. Walter Drake, 37 Drake Bldg., Colorado rings, Colo. 80901.



uick way to shorthand

st four complete lessons teach u the abbreviated symbols used t speed up dictation and note- ing. Easy course is ideal for dents, career women, club cretaries. Two-book set incl. les- ns, practice handbook for de- loping speed. Good for schools, sinesses, too. \$2.95 + 25c post. W. Holst, Inc., BHG8, 1005 E. y St., East Tawas, Mich. 48730.



hooner yacht "America"

1851 the America won the erica's Cup and started the erica's Cup Race. This kit is an thentic reproduction of that cht. Has a carved wood hull, st metal fittings, cloth sails, mplete plans and instructions. " long x 13½" high. \$12.95 + post. Catalog: 25c. Preston's, OB Main St. Wharf, Greenport, Y. 11944.



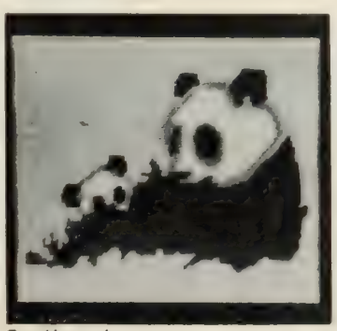
erry cups

ght cups hang on their own k to add charm to kitchen. ey're actually measuring cups: luded is a 1, ½, ¼ and ⅛ cup. de of glazed ceramic, they'll uble as serving pitchers. Pol- ed wood rack is 10" x 2½" h hanging hooks. #5021, .98 plus 35c postage. Country urmet, Dept. HA, 545 S. Fourth ., Mt. Vernon, New York 10550.



lorable pandas

u'll love turning these two nda bears into a purse, picture pillow. Needlepoint is fun. Kit ludes design handprinted in full lor on 8" x 9" white mono can- s; Persian yarns to work de- n and background, tapestry edle and instructions. \$6.98 d. Send for free catalog. The all Fry Shop, Box 76303, Dept. Los Angeles, Calif. 90005.



Continued



Magazine Racks

These large handsome racks prevent "magazine mess". They're the most practical made. Magazines can't slouch or bend. Each is held straight and flat visible for quick, easy selection. Beautiful in home, office or reception room. Beautifully finished & completely assembled, in satin smooth honey pine or maple, antique pine or walnut or mahogany finishes. Also in complete easy 1-hr. kits, unfinished with pre-fitted, sanded parts—ready for fast, easy assembly. Simple instructions included. All kits shipped postpaid. On postpaid items add 50c each West of Miss.

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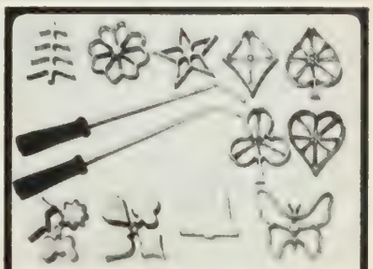


the Story of the Burma Shave Signs

Remember Burma-Shave?

Enjoy a bit of nostalgia with this marvelous collection called "Verse by the Side of the Road". All 600 verses (illustrated), it's the story of the Burma-Shave signs and jingles that for years made motor travel extra fun. Makes a handsome gift—it's a hardbound beauty. Will delight everyone. **$4.95** ppd.

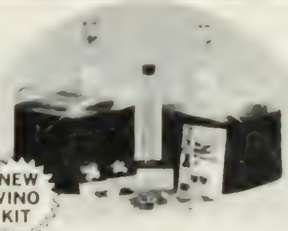
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(Festive Scandinavian Cookies)

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10-bottle kit, with saccharometer, no hydrometer $7.99 (No COD's)

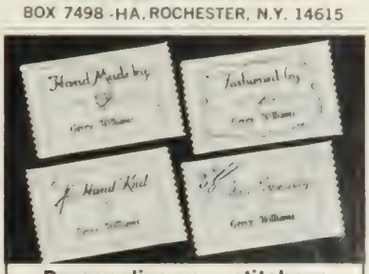
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PRETTY TOSS-ON BOLERO

A lovely cardigan of washable orlon acrylic with a hand-crocheted look. Light in weight yet comfortably warm on chilly evenings. Has pretty shell stitch, scalloped ribbed trim, easy shoulder & sleeve. Your choice of white, black, beige, pink or light blue. Sizes 32 to 46. **$5.50 plus 50c postage.**

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Personalize your stitchery

Your creations deserve the stylish finishing of these rayon taffeta labels; sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly).

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HOLIDAY GIFTS
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	LIP (Tulipa Marjoletti)	20 for $1
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7	RED RIDING HOOD (Novelty Botanical Tulip) Deep green leaves, with purple stripe.	8 for $1
8	WINTER ACONITE (Eranthis Cilicica)	25 for $1
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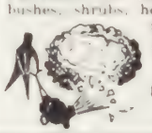
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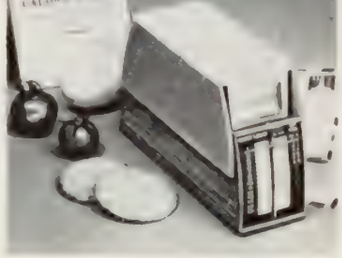
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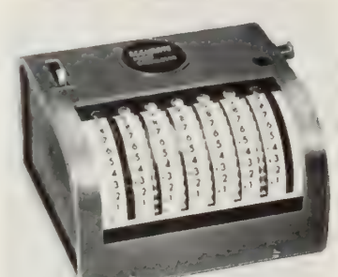
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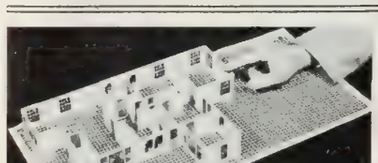
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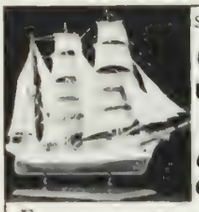


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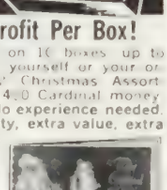
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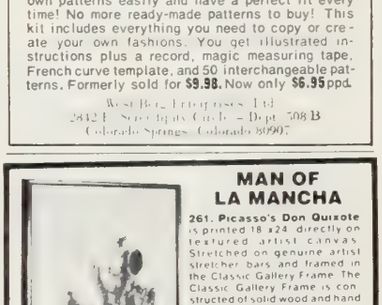


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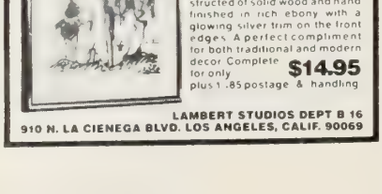


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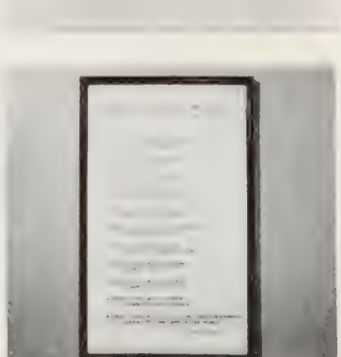
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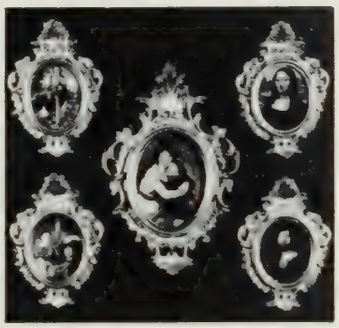
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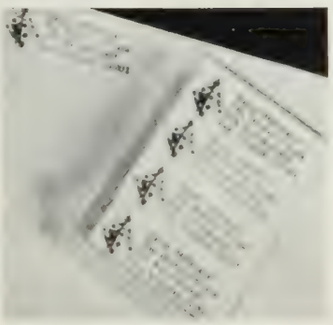
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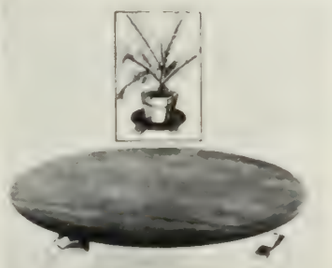
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The man next door

A protest meeting against plans to air-condition our schools was abruptly called off last week. It seems the cooling system at city hall wasn't working.

Rosemary served as a bridesmaid recently, but could only vaguely recall the bridegroom. Each of the unmarried ushers, however, rated a 15-minute description.

Christine got a call from Elaine Cowan, our lively divorcee friend. She said she was back from vacation—broke, tanned, and, unfortunately, rested.

Dad Hillis says if today's youngsters had to sit on old-fashioned horsehair sofas, they'd probably watch a lot less TV.

Six-year presidential terms are now being suggested. If nothing else, it might give us a longer stretch between White House redecoration projects.

I told my son that if he became president, and our house became a national shrine, he might be embarrassed if tourists could see his messy room. He agreed, but said he'd delay any action until the results of his first primary were in.

Our son Burt, when reminded that his friend Jimmy saved every dime he made this summer, insists that Jimmy is a "Ben Franklin" freak.

According to Christine, the value of old family recipes depends on the old family.

When we're younger, we yearn to look older. When we're older, we'd like to appear younger. Somewhere between, there must be a time when we feel just right.

Where do pole-vaulters come from, now that dryers have eliminated clothes poles with which kids used to practice vaulting while dreaming of Olympic fame?

Congressman Nick Hanfli says this is the toughest campaign in memory. Having survived fried chicken and biscuit banquets of the party regulars, he's faced this year with the tacoburgers and anchovy pizzas of the youth vote.

Judy, ten, returned from summer camp with new confidence in her woodsmanship. She feels if she can survive the wilds, then fifth grade can't be too difficult.

A retired army major lives close by, and he has a lawn everyone admires. What I admire most, however, are his tractor-lawn mower maneuvers as he valiantly trys to outflank his flower beds.

One advantage of living in a relatively new part of our country is that historic landmarks aren't historic enough yet to attract flocks of summer tourists.



"Tough day, Dear?"

I finally broke down and washed my car last week. It was getting so dirty that I felt like a gopher every time I got in it.

Christine knows a new bride who says her glass-door kitchen range is really nice. "Only problem," she says, "is that now I can't hide my dirty dishes."

Both Christine and I are always fascinated by those movie scenes where the husband shouts at his wife that he's packing up and moving out to his club. Christine asks, "Where would you go? The only thing you belong to is the National Geographic Society."

Only a few miles from our house are restaurants which serve Polynesian, Mexican, Chinese, Italian, Greek, and Danish food. But there's another place—equally exotic in its own way—where you can still buy a "tummy buster," a foot-long hot dog, fries, and a chocolate shake.



Our town has recently been building some wonderful new playgrounds with abstract-design equipment. Originally there was some skepticism because it didn't look like the traditional swing-and-seesaw assortment we're used to. But the kids loved it from the start.

Our new playgrounds are brimming with children-challengers such as hills to climb, pipes to crawl through, and abstract objects to serve as make-believe racing cars, sailing ships, rockets, and submarines. It's a pretty good way to free the spirit of play. We all have it in us, but too often we dull and stifle it with regimented games, where the rules become more important than playing. Organized play is important, but I'm glad we're also realizing that children can create their own games without our telling them how they ought to be playing.

The idea is working well. We're allowing our children the freedom of discovery. And what better gift could we give them?

Burton Hillis

CIRCULATION 7,777,777
September 1972 • 50¢

Better Homes and Gardens.



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MAKING THINGS NEW AGAIN: A giant package of low-cost ideas for bedroom, bath, kitchen and garden

What's your house worth now? How to figure it

Parents and schools: exciting new partnerships

Family travel – adventure in the southern states



Better Homes and Gardens is published monthly at $4.00 per year by Meredith Corporation, 1716 Locust Street, Des Moines, Iowa 50336, USA. Second class postage paid at Des Moines, Iowa, and at additional mailing offices. September, 1972. Volume 50 Number 9

Solarian™ by Armstrong

The sunny floor that shines without waxing.

You've probably heard claims about floors that are supposed to keep a shine with no waxing. Armstrong has never made such a claim . . . until now. Until Solarian.

Solarian is a totally new *kind* of floor. It comes with—and keeps—a gleaming shine with *no waxing!* And it takes a lot less work to keep clean.

Its secret is a major development from Armstrong research: the Mirabond™ wear surface. Just as an egg won't stick to the new coated frypans, most waxes won't stick to this unique surface. *And,* neither will most spills or tracked-in dirt. Even black heel marks wipe right off.



How long will the Solarian shine last? We've been keeping a close watch on many Solarian floors in busy kitchens like yours. After more than two years, every one of them is *still* bright and shining—with only occasional sweeping, damp-mopping, and *no* waxing.

Of course, every home is different, and eventually your Solarian floor could begin to show some slight gloss reduction in heavy-traffic areas. So just in case you should ever need it, your Armstrong retailer can supply a Solarian Floor Finish that you can use in these areas like any floor polish to maintain the shine the way you like it.



Shown here are just three of the many designs and colors available. See them at an "Armstrong Floor Fashion Center™" or at other flooring stores which carry Armstrong Solarian. They're listed in the Yellow Pages.

And if you'd like more information about Solarian direct from us, write Armstrong, 7209 Elm St., Lancaster, Pa. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD

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If you've got Early American, we've got the ceiling to match.

Armstrong introduces Colonial Sampler, the first Early American Chandelier® Ceiling.

You may have already seen our elegant Chandelier Ceilings, with their richly textured designs that flow smoothly from wall to wall . . . ceilings made to dine under, entertain under.

But you've never seen one like our new Colonial Sampler. It's the first Chandelier Ceiling designed especially for an Early American room.

There are lots of ways to capture this traditional look: Colonial furniture, a print wallpaper, pewter. Now you can complete the picture with Colonial warmth and charm on the ceiling as well.

All you need are a few hours and a few dollars. Enough tile for a 10' x 15' room costs no more than $75 (far less than a Colonial chair). Any reasonably handy husband can install it, or your dealer can arrange professional installation.

You don't have an Early American room? No problem. We've also got a new Spanish and a new French Provincial design as well as several contemporary Chandelier Ceilings to fit your particular style.

See the entire collection of Chandelier Ceilings at your Armstrong dealer's. To find the one nearest you, call this toll-free number: 800-243-6000. (In Connecticut, call 800-882-6500.) For a **FREE INFORMATION PACKET on Chandelier Ceilings,** write to Armstrong, 7209 Sun St., Lancaster, Pa. 17604.

CEILINGS BY
Armstrong

CREATORS OF THE INDOOR WORLD™





There are rooms too elegant for ordinary carpet.

These are the rooms for new Prodigy™ by Armstrong.

There's never been a carpet as elegant as Prodigy. The bold design and striking sculptured effect combine to give Prodigy dramatic contrast, depth, and dimension.

And never has so elegant a design been so adaptable. Prodigy takes on a new personality with every different color combination. From Oriental to Modern to Provincial.

And if looks weren't enough, Prodigy is so durable and easy to care for that we also recommend it for use in office buildings and hotel lobbies.

Prodigy is another of the new carpet ideas that keep coming from Armstrong: shags, plushes, sculptured and patterned carpets—over 300 colors in all.

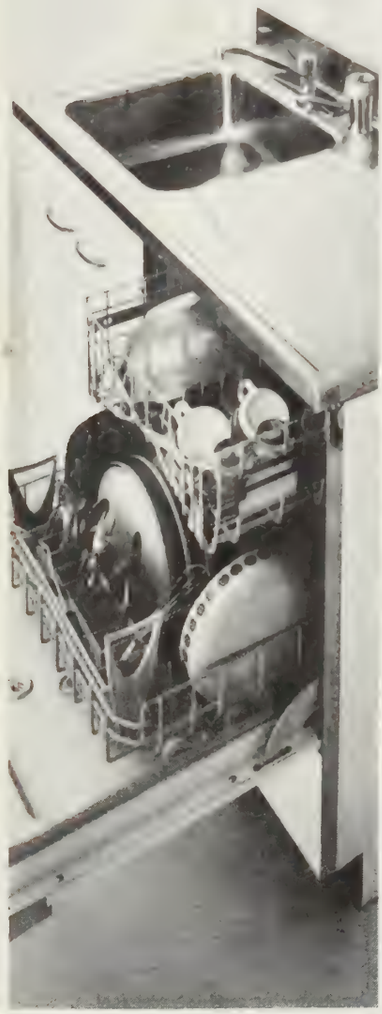
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Armstrong

CREATORS OF THE INDOOR WORLD™

The easy way to remodel your kitchen.

The KitchenAid Dishwasher Sink. It's a KitchenAid dishwasher. It's a stainless steel sink and work counter. It's a big storage cabinet with room for a KitchenAid disposer. The complete unit is just 48 inches wide. Almost like getting a new kitchen. See your KitchenAid dealer (check the Yellow Pages). Send the coupon for free Consumer Information Packet.



KitchenAid Division, Dept. 2DC-9
The Hobart Manufacturing Company
Troy, Ohio 45373
Please send free Consumer Information Packet.

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Address_____

City_____ State_____

County_____ Zip_____

KitchenAid
Dishwashers and Disposers

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — SEPTEMBER, 1972; VOL. 50, NO.

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Cover photograph: Larry Kolze

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Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Marca Registrada en Mexico, Marca Registrada en Cuba. Trademark registered in Canada. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions.

Subscription Inquiries and Changes of Address: Write to Subscription Information De Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336 and be sure enclose an address label from a recent copy. Please give us five weeks notice prior to y change of address. **Subscription Prices:** one year $4, two years $7, three years $11 to United States and its possessions. Canada, add $1 per year. Pan-American countries, $2 per year. Other countries, add $3 per year.

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Get it every time you damp mop...with MOP&GLO.

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A buyer's guide to tires

Once upon a time a tire was a tire. Period. Then along came whitewalls and people were, for the first time, confronted with a decision. Now the technology of tires has grown so confusing that even the most sophisticated tire buyer will admit he doesn't have all the answers.

To keep things in perspective, start with the original equipment. You can always settle for exactly what came on the car from the factory. That's probably going to be a belted bias tire if your car is a '69 model or newer, bias ply if older than '69. Several car makers are now providing radials as standard equipment.

The *bias ply construction* has two or four layers (or "plies") of fabric crisscrossed on top of one another, with the weaves running diagonally from bead to bead. This is the traditional construction, generally satisfactory for around-the-town driving where buildup of heat is not a factor. Bias ply tires are the least expensive to buy, but they don't offer the long tread life of belteds or radials.



BIAS PLY BELTED BIAS RADIAL

The *belted bias tire* is similar to the bias ply, but with one important difference: two belts running between the body plies and the tread (see illustration). This improves stability, handling characteristics, and tread wear. Belted tires also are less vulnerable to cuts, bruises, and punctures than are non-belted tires.

If you do a lot of cross-country driving at turnpike speeds, you need a tire that's strong enough to withstand road shocks, but has only a medium-thick tread to avoid heat buildup. (The thicker the tread, the greater the accumulation of heat at high speeds.) The belted tire is best for this kind of driving.

The *radial tire* has been used in Europe for years. It consists of two or more body plies with cords that run straight across the tread from bead to bead (see illustration). At least two belt plies encircle the tire between the body plies and tread.

Radials are tough tires and, while more expensive than conventional tires, will last 30 to 50 percent longer. In addition to their excellent wear characteristics, radial tires handle better than others because their sidewalls flex, pressing more tread against the road. Radials roll easily, too, thereby improving gas mileage. They also have greater resistance to damage from ruts, rocks, and road debris.

But the radial's flexible sidewalls are vulnerable to curb bruising. They also give a harsher ride, and they cost more than other types of tires. These disadvantages, however, are largely offset by the longer tread life and better gas economy. An additional benefit: Radials' superior traction eliminates the need for snow tires in most climates.

One warning on radials—don't mix them with any other type of tire. Their handling characteristics are so different that you may have steering problems. Belted tires, on the other hand, can be used with bias ply so long as they are used in pairs and the belted tires are on the rear.

Finding the right cord

The mystery of tire construction is compounded by the many fibers used in tire cord. Cotton, once the only choice, has been replaced by nylon, rayon, polyester, glass fiber, and steel wire. Most tires are a combination of these.

Cords in the sidewall of the tire usually are made of polyester, nylon, or rayon. *Polyester* is gaining wide use because of its strength and resistance to deterioration by water. And a polyester tire does not develop flat spots.

Nylon, however, is resilient, and resists both heat and water. Its tendency to "flat spot," which causes a thumpy ride, disappears in a few miles or less and does not affect its safety.

Rayon has excellent durability, but tends to degenerate if it is continually exposed to water. This could cause trouble if a cut exposes the fabric, especially in a wet climate.

Cords also give the belts of radial or belted bias tires their characteristic stiffness, which improves the tire's traction and performance. These cords are glass fiber, rayon, and steel wire.

Steel is gaining in popularity because of its strength and its ability to dissipate heat. It also provides excellent traction. Glass fiber and rayon offer similar advantages, but to a somewhat lesser degree than steel.

What about recapped tires?

One good way to cut your car ownership costs is to invest in good-quality recaps. Snow treads in recapped form, for example, will give good service and cost about half the price of new snow tires. While giving you added safety in winter, they preserve two of your regular tires for later use.

If you know your car will be driven at low speeds with light loads, as often is the case with a second car, recaps can serve your needs as well as new tires. In fact, the only reservations you should have about recapped tires is the quality control of the recapper. If he does the job according to industry standards, his product should be perfectly satisfactory for normal driving conditions.

Should you trade or sell outright?

Your decision to buy a new car sets off a rash of other decisions, not the least of which is what to do with your old car. Selling the car yourself could net you a hundred dollars or more than you would get from a dealer in trade on a new car.

Selling the old car yourself also will give you a better bargaining position with your local dealer. The salesman will be obliged to quote you the bottom price that he can offer on the new car, since there will be no inflated trade-in factor to distort the figures he gives you.

But selling a car yourself is no small job. To begin with, you must be able to do without the old car from the time you sell it until you take delivery on a new one—which can take as long as six weeks. You must advertise, which takes money. You or someone else in the family will have to baby-sit the telephone to answer inquiries and, hopefully, to make appointments to show the car. And you will have the paper work to contend with.

The trade-in procedure is much quicker and simpler, and all details are assumed by the dealer, who is set up to handle such transactions.

Circumstances alter cases, of course, and a quick sale to someone who already wants your car can be an easy way to come out ahead.

If you decide to sell your car yourself, observe these three rules:

1. Discover how much cars like yours

Continued



Spots are never in good taste.

So get the Cascade look... virtually spotless.

The quiet elegance of clear, sparkling crystal—that's what you want. And that's why you should use Cascade. It's an excellent dishwasher detergent. Cascade's sheeting action makes water flow off dishes in clear sheets. Fights drops that cause embarrassing spots. Try Cascade—in the shiny green box. And get the Cascade look.

Cascade fights drops that spot.

NEXT MONTH

FAMILY QUESTIONNAIRE RESULTS—Theories abound on the state of the American family—but we wanted to get the facts from the families themselves. To do it, we published two questionnaires in our February and March issues, probing the touchiest domestic problems, from money to marriage. We got 350,000 replies, and they throw a lot of light on where the family is today, and where it's headed. See for yourself next month.

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PREFERRED 2 TO 1 OVER THE LEADING SELLING BRAND



THE ONLY DRY DOG FOOD WITH REAL BEEF FLAVOR

New Friskies Dinners tastes like real beef because it's made with *real* beef by-products. And, it's the only dry dog food that is. In tests with more than 600 dogs, New Friskies Dinners was preferred 2 to 1 over the leading selling brand.
Worth a try?

10¢ OFF



STORE COUPON

To Grocer: This coupon is redeemable for 10¢ (plus 3¢ handling) through Carnation salesmen or if mailed to CARNATION COUPONS, Box 171, Pico Rivera, California 90660, provided it has been used for the purchase of FRISKIES DINNERS, in accordance with this offer. Any other use constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Void if use is prohibited, taxed or otherwise restricted by law. Limit one coupon per family. Cash value, 1/20 of 1¢. CARNATION COMPANY.

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10¢ OFF

Trade or sell outright?

Continued

are bringing on the loca ket. Check classified ad visit a few dealers, keep mind that the quoted pric a dealer is higher than will actually sell for. U price guides, generically "Blue Books," are perhap quickest and most accur dications of correct pricin National Automobile Association's Official Us Guide is printed monthly used by dealers in settin prices. This guide, or othe it, can be found at banks unions, and public librar

2. Establish a realistic price, and have a bottomf in mind. You're wastin and money advertising a car at a $1,295 figure in that you just might get i though you can drop your $150 or so if you get n the first week, you have a plished nothing, and yo have lost some good pro to other sellers who were realistic in their pricing.

3. Make your ad compl concise—and be as accu possible. Include make an el year, body style, engin and major extras such as matic transmission, air co tioning, and power equip Don't waste space announ that your car has whitewa or vinyl floor mats, bu has an appealing color co tion, indicate "burgundy black vinyl top" or whate the car has low mileage age, tell how many miles Finally, include your pri phone number.

Don't waste space with ing . . ." before the pric obvious that's what you're Don't bother with expr like "Must sell!" or "Sac Used-car buyers are not ested in the sad tale behin you're getting rid of you That space can be better d to a few words about th deck included in the de information about nearly premium tires.

4. Display your merch to advantage. Have you gone to look at a used ca to find you would be una

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Sell the car "as is." You
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NEXT MONTH

COOKING SECRETS FROM GREAT CHEFS—After a particularly sumptuous restaurant meal, did you ever wish you could find out how the chef did it? Well, now you can! Next month, a team of professional U. S. chefs, sponsored by Kraft Foods, will participate in the 19th International Culinary "Olympics" in Frankfurt, Germany. We persuaded five of them to share their recipes and know-how with our readers. Read all about it next month.



THESE BETTER HOMES & GARDENS BOOKLETS SOLVE 10 MOST COMMON HOME PROBLEMS

Over 500 pages of easy-to-follow solutions. Each book is packed full of descriptive photos, hundreds of fresh new ideas, and tips for making your home more practical and beautiful. You'll find a booklet for almost every home improvement need.

GARDENING AND LANDSCAPING
Make your yard more attractive (and valuable) by using creative landscaping. Full details on how to do the job yourself. Special sections on trees and shrubs, flowers, indoor gardening, small fruits and vegetables, landscaping, tools, storage, and insect control.

BATHROOMS
Learn the basic principles of bathroom remodeling; the magic of mirrors, lighting, floor coverings, fixtures, dividers, storage, and much more. Complete instructions on how to do the entire job yourself, including laying floor tile, wall tiles, and ceramic tile

BOOKSHELVES
First, you'll find out how to design and build bookshelves. Basic information on hardware and wood you'll need, how to attach to the wall, etc. Then you'll find pages of ideas that will stimulate your imagination. Build a bookshelf to display treasures for books, or cover objects like radiators!

RECREATION ROOMS AND BASEMENTS
All kinds of idea projects for your basement. How to squeeze out that extra space, how to use that garage or back porch, how to turn that "cellar" into an elegant living area, and how to cope with a wet basement. Step-by-step instructions on how to panel, build partitions, and ceilings.

FIREPLACES
Full of facts about fireplaces. How to buy a fireplace, prefabs, fireplace face-lifts, outdoor fireplaces, indoor grills, cures for cranky fireplaces, and much more. There are even special sections on what to burn, how to build a successful wood fire, and fireplace accessories

STORAGE
There are hints for utilizing every inch and corner of your home. Storage walls, dividers, tables, drawers, corners, attics, shelves, closets, basements, hallways, bathrooms, just everywhere. Make the best use of your space; you'll make your home much "bigger."

PATIOS, DECKS, AND FENCES
Includes instruction on how to construct all types of patios, privacy screens and fencing, gates and hardware, furniture, sheds, and how to utilize and make shade for your patio. There are many step-by-step photos and illustrations to aid you in building your project

ADD-A-ROOM
All the points you should consider in adding to your home; proper planning, financing, and the value of additions, where and how to add on, remodeling of present areas and many more. Plenty of do-it-yourself ideas for attic rooms, dormers, garage conversions and new rooms.

PAINTING, REFINISHING, AND REDECORATING
Step-by-step instructions on how to refinish or repaint almost everything. Special sections on how to select proper paint, rollers and brushes, how to add glamour by using antiquing tricks, how to remove old finishes and revive beautiful natural finishes, how to wallpaper, and more.

KITCHEN PLANNING
You'll find tips on various types of kitchens for various types of families. Suggestions on whether to remodel or redecorate, types of floor covering and counter tops, even a section on disposers. There are also suggestions on constructing adjacent laundry rooms and mud rooms.

HANDYMAN TIPS
Contains over 50 pages packed with hundreds of ideas to make shop work and projects around home easier. Helpful hints on organizing your workroom, tips on tool use, painting, plus "how to" sections for many types of problems. You'll learn how you can get professional results by just following a few basic principles.





PROJECT PLANS
This 52-page booklet is packed full of imaginative, versatile, money-saving and easy to build projects you can buy. You'll find solutions for outdoor storage space, interior projects for every room in the house, shelves, porches, children's play units, and much more. An excellent booklet for quick and easy reference. Order yours today!

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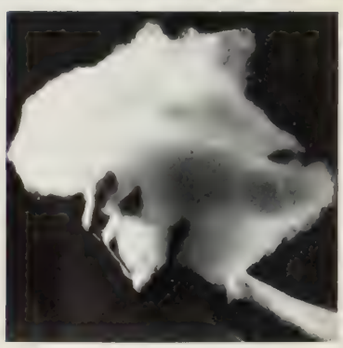
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good news!

DOUGLAS M. LIDSTER
New Products Editor







Cozy comfort for campers

How well you sleep is the main factor in determining whether you enjoy your camping vacation—or just endure it. Here's a snug sleeping bag made entirely of synthetic materials incorporated into a really unique design.

The inner and outer covers are nylon. There are no sewn-through seams to let body heat escape. The zipper opens from either end; on a warm night you can open the bottom to cool your feet while still protecting your shoulders and back. A weather strip on the inside of the bag stops breezes from slipping through the zipper. The bag unzips flat for airing, and two bags can be zipped together to form a double bag.

The insulating material is Dacron II, a polyester fiber with heat-retaining qualities and resilience that almost duplicate those of down—at a fraction of the cost. What's more, the insulation is non-allergenic and washable.

As the lower illustrations show, Dacron II can be compressed very tightly, yet still spring back to maximum loft. This characteristic makes it possible to roll the bag into a compact bundle that quickly expands into a warm soft bed at the end of the day.

Coleman #8125-675 Dacron II Sleeping Bag, $39.95. Other models from $27.95 to $49.95 in sporting goods departments. The Coleman Company, Wichita, Kansas.

Continued on page 2

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GF
GENERAL FOODS
KITCHENS

Join the great Jell-O® recipe swap.

BRAND GELATIN

Everyone gets 100 new Jell-O® Recipes and the opportunity to win $25,000 or one of 1,000 sets of Revere Ware.

Everyone has a favorite Jell-O Gelatin recipe and chances are you are quite proud of yours. We'd like you to share it with us and others. Whether it's a salad, a dessert, a special Jell-O cake or anything else, we'd like to know about it. And for sending us your favorite recipe, we'll swap you a booklet of 100 of the best recipes we find.

What's even better, if your recipe is judged one of the best, you'll have an opportunity to win $25,000 first prize or one of 1,000 second prizes of $125 sets* of Revere Ware Limited Edition, Solid Copper/Stainless Steel Cookware, ideal for cooking or decorating (see photo).



How to enter

Pick out your favorite Jell-O Gelatin recipe and write it out on a piece of paper listing ingredients, and preparation instructions. Then fill out the entry blank at right and mail it with your recipe to the address on the blank. Each recipe will be judged on four specific criteria (see rule #3 below).

Official Rules • Read Carefully

1. On a plain piece of paper, print or type your favorite JELL-O Gelatin Recipe, listing ingredients, measurements and complete directions for mixing and preparation. Print your name, address and zip code on the entry blank provided.
2. Mail your recipe and entry blank to: JELL-O RECIPE SWAP Contest, P.O. Box 281, New York, New York 10046. All entries must be postmarked by October 31, 1972 and received by November 10, 1972. Winners will be notified within 60 days of contest close. You may enter as often as you wish, but each entry must be mailed separately, and each entry submitted must be different. No entry will be returned or acknowledged. All prizes will be awarded. No correspondence will be entered into about any entry.
3. Entries will be judged on the basis of originality and creativity (0-40 points), visual appeal (0-25 points), taste (0-25 points) and ease of preparation (0-10 points). In case of ties, duplicate prizes will be awarded.
4. Each potential winner of the 1001 major prizes will be required to sign an affidavit certifying that each recipe is submitted in his or her own name, and that to the best of the entrant's knowledge it has never been published or entered in a previous contest.
5. Entries will be judged by National Judging Institute, Inc., under the direction of qualified home economists, *whose decisions are final.* All entries become the property of the General Foods Corporation and constitute permission for General Foods to edit, adapt, modify, publish and otherwise use in any way it sees fit, any recipe received, without further consideration or payment to the contestant.
6. Contest is open to all residents of the United States, except employees (and their families) of the General Foods Corporation, its subsidiaries, advertising agencies and judging organization. Also ineligible are people involved in the preparation of food or recipes as a profession.
7. Contest is void wherever taxed, prohibited or restricted by law. Tax liability is the responsibility of each prize winner. No substitute or cash equivalent is available in lieu of the prizes.

ENTRY BLANK

I want to enter the "Great Jell-O® Recipe Swap" and receive a booklet of 100 of the best recipes. Enclosed is my recipe.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Mail to: Box 281, New York, New York 10046—Allow 12 weeks from contest close for receipt of recipes.

Special Offer if you don't have a recipe.

If you don't want to swap recipes but would like 100 of the best we find, fill out the blank below and send it and 10 Jell-O fruit symbols to Box 4064, Kankakee, Illinois 60901. We'll send you a booklet of 100 recipes.

SPECIAL OFFER

I want to receive a booklet of 100 of the best recipes. Enclosed are 10 fruit symbols from the front of any size Jell-O® Gelatin package.

NAME _____

ADDRESS _____

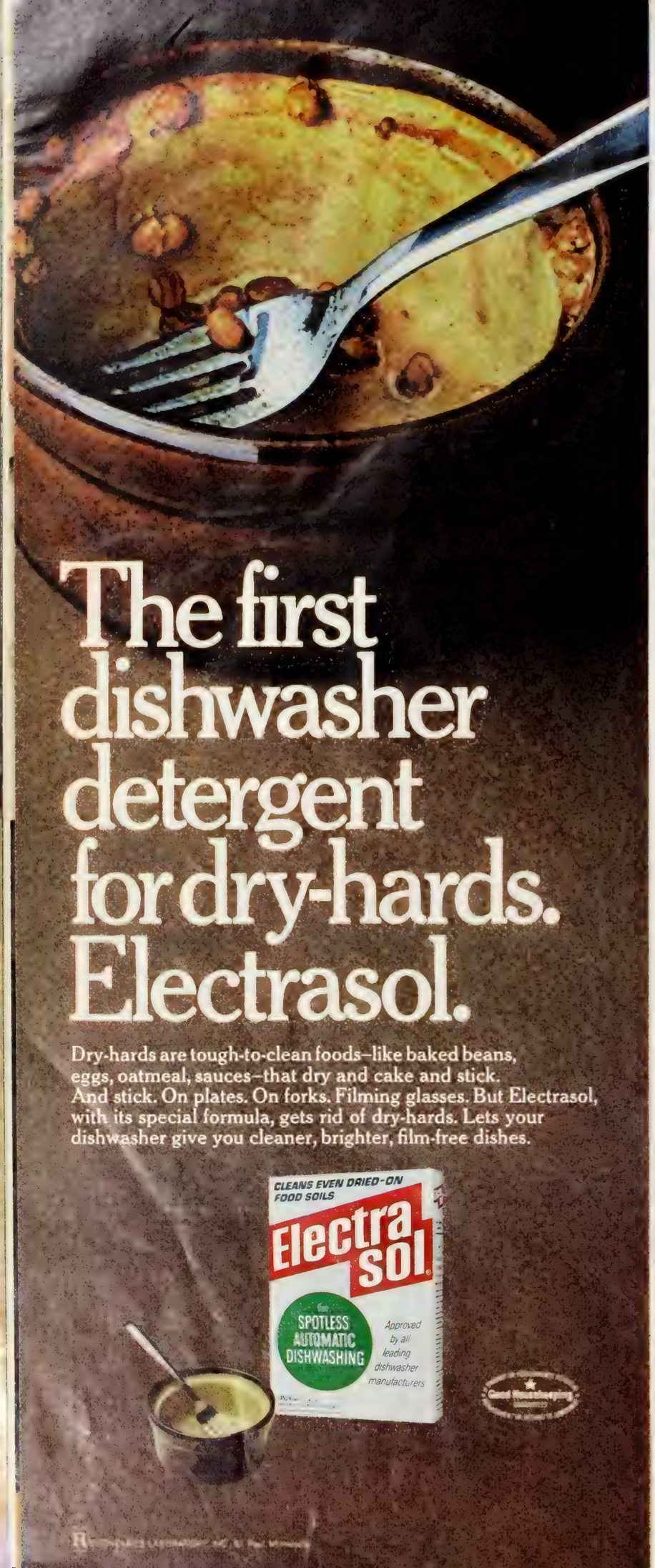
CITY _____ STATE _____ ZIP _____

Mail to: Box 4064, Kankakee, Illinois 60901—Allow 12 weeks from contest close for receipt of recipes.

Make someone happy. Make someone Jell-O.

*Manufacturers suggested retail price

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good news! *Continued*

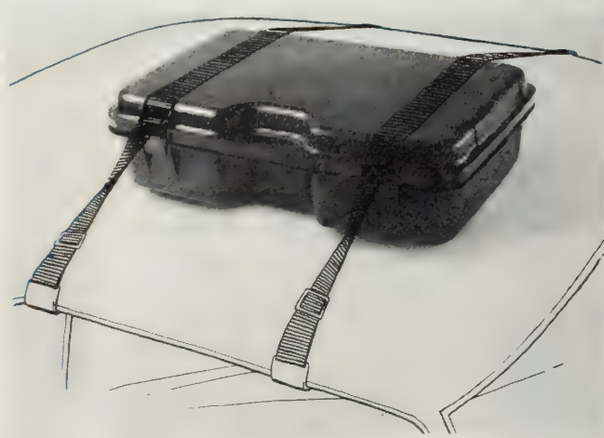


Convertible tape player

Confused about which tape system—cassette or cartridge—best suits your listening needs? Well, here's an audiophile's entertainment system with options to let you listen to just about any tape just about anywhere.

The basic unit is an AM/FM/FM stereo radio complete with 8-track tape player for home use. Slip the optional adapter pack into the player, and it's ready to play cassettes. The entire tape player unit pops out of the console and slips into an optional bracket for in-car listening.

Panasonic RE-8080, $239.95; cassette adapter, $39.95; car bracket, $54.95. Panasonic, Pan-Am Building, 200 Park Avenue, New York, N. Y. 10017.



Cartop carrier

You'll have more room for passengers on your next trip and still be able to take along extra clothes or essential nonessentials in this rooftop luggage carrier.

Molded from tough ABS plastic, you can drive through a hail or sandstorm without damaging the carrier, or more important, its contents. A gasket around the inside edge provides a weatherproof seal at all temperatures.

The Outrider 51, under $40 in automotive departments. Rubbermaid, Incorporated, Wooster, Ohio 44691.

Continu

Close-out Special on Twin Star



in Oneida Community Stainless

Last chance to fill out your set before this pattern is discontinued.

Over the past 13 years, savers of Betty Crocker Coupons have acquired over *75 million pieces* in our *Twin Star* pattern! But today's Coupon savers favor newer patterns, like our Scandinavian triumph, *Vinland* . . . our fashionable Mediterranean classic, *Via Roma* . . . our Early American *Patrick Henry,* and so on.

As a final toast to this successful pattern, we are happy to make this special offer. It gives you an opportunity to *complete* your set, or at least add those pieces you've always wanted at special savings. No Coupons are required—but there *is* a definite time limit, so better order soon. Last call for Twin Star!

Betty Crocker





General Mills, Inc.
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I enclose $_____(check or money order) to cover purchase of Twin Star stainless items as indicated below:

(No. of units desired)		Only
_____	5-pc. place setting(s) (with hollow-handle knife as illustrated)	$2.50
_____	Unit(s) of 4 dinner forks	1.75
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_____	Unit(s) of 4 hollow-handle knives	3.50
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_____	Unit(s) of 4 fruit spoons	1.75
_____	Serving unit(s) #1 Large serving spoon (berry spoon)	$1.50
_____	Serving unit(s) #2 Cold meat fork, pierced serving spoon	1.75
_____	Serving unit(s) #3 Sugar spoon, jelly spoon, butter knife	1.75
_____	THE WHOLE WORKS all 3 serving units *plus* bonus dessert-server	5.00

Name_____

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No coupons necessary. No limit of quantities on this offer. To assure delivery, give zip code. Offer good only within U.S.A. Satisfaction guaranteed—or for full refund return order within 10 days. Offer expires November 15, 1972.*



Sears do-it-yourself Mirror Squares.

They make any room look bigger. Brighter. Beautiful.

Take a small bathroom, watch it grow. Choose a dark dining room, let the sunshine in. Pick a barren spot over a mantelpiece. Or above that antique love seat. With Sears Mirror Squares you can turn any old room into a beautiful new room. Instantly. Simply. Inexpensively.

Do it yourself with Sears 12" x 12" Mirror Squares. Just attach the double-stick mounting tapes that come with your squares. Press onto a dry flat surface. Mirror Squares are durable, easy to clean.

Choose from 12 exciting decorator patterns. Use just one of our exclusive patterns or combine patterns to create your own decorative work of art. At most Sears, Roebuck and Co. stores and by catalog.

Sears

good news! *Continued*



Outdoor kitchen

Your family camp cook can't complain when equipped with this complete cooking, heating, and lighting system.

The stove converts from a self-contained carrying case to cooking center in seconds. With the accessory shelf, there are over 600 square inches of work space.

There's no fooling with matches when starting up the 10,000 BTU catalytic heater. It features automatic ignition and shutoff, and is thermostatically controlled.

The double-mantle lantern provides as much light as a 200-watt incandescent bulb. It operates from the 20-pound LP gas fuel tank or disposable cylinders.

LP gas is safe, and it's economical—it costs just ten or 15 cents per pound. Twenty pounds will provide the average camping family with light, hot meals, and warmth for over two weeks.

Deluxe Camp Kitchen (includes stove, tank, lantern), *$99.95;* Catalytic heater, *$49.95.* BernzOmatic Corp., 740 Driving Park Avenue, Rochester, N. Y. 14613.

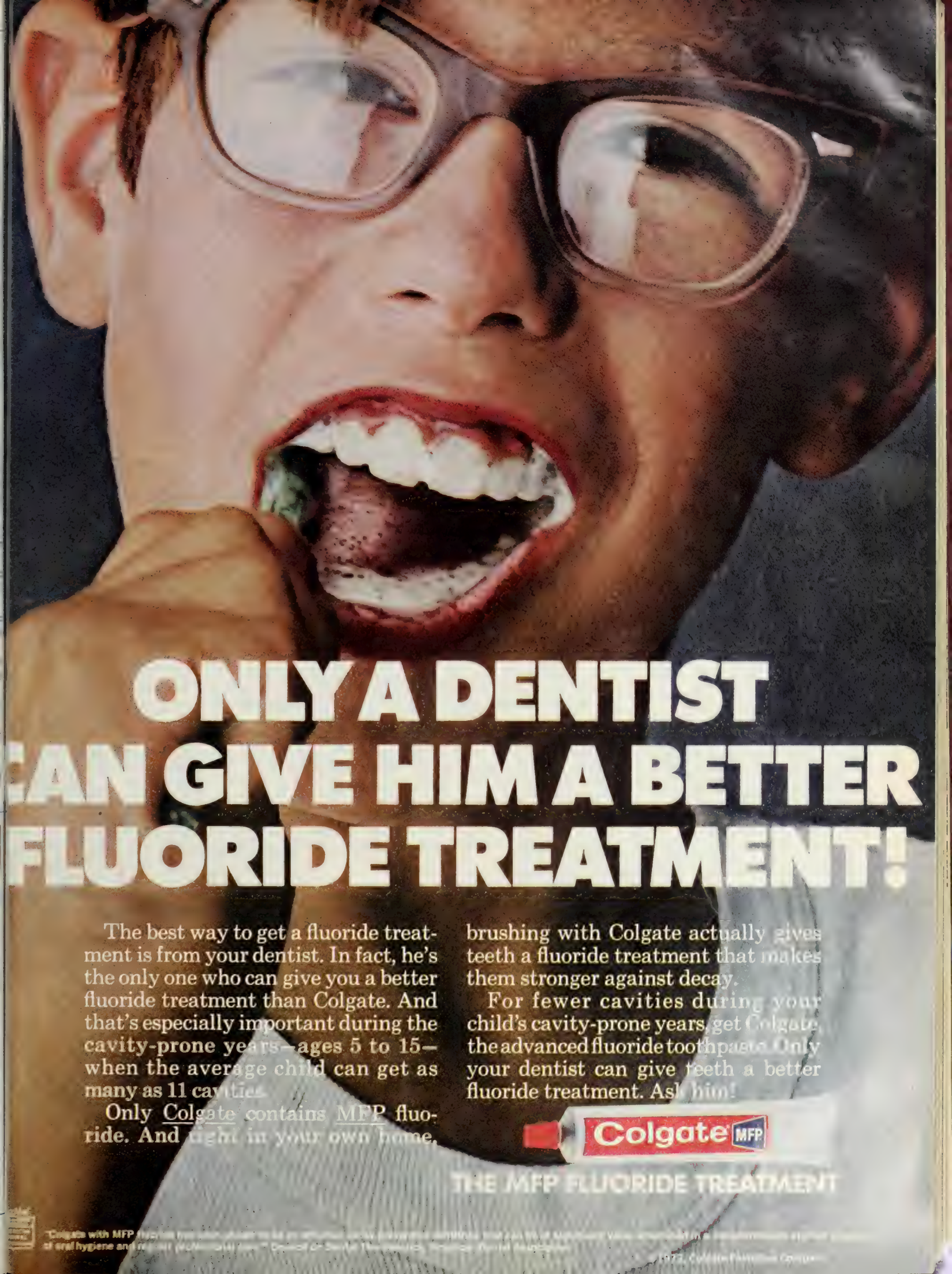


Double-duty sink

The kitchen sink has seen few changes since it became a washbasin set into a counter top. But now your sink is being asked to help with food preparation as well as providing a space for soaking pots, pans, and dirty dishes.

With this new model you'll find there's no need to drain the dishwater before preparing fruits and vegetables. There's a special little compartment for that job. The disposal beneath gobbles up greens and cobs and other garbage without having to digest dirty dishwater.

Trieste Sink, in white and 12 exciting decorator colors, through kitchen contractors. Kohler Company, Kohler, Wis. 53044.


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The best way to get a fluoride treatment is from your dentist. In fact, he's the only one who can give you a better fluoride treatment than Colgate. And that's especially important during the cavity-prone years—ages 5 to 15—when the average child can get as many as 11 cavities.
Only Colgate contains MFP fluoride. And right in your own home, brushing with Colgate actually gives teeth a fluoride treatment that makes them stronger against decay.
For fewer cavities during your child's cavity-prone years, get Colgate, the advanced fluoride toothpaste. Only your dentist can give teeth a better fluoride treatment. Ask him!
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Can't find a fall suit to suit you? That's no problem to a girl like you! You make your own. And it's individually yours. Unique.

You're a "today" girl who just can't be bothered with bulky, old-fashioned pads during your period. So you choose internally worn Tampax tampons. They protect you without discomfort. Without odor. Without chafing. And because they're invisible, you're free to dress as you please. Nothing can show.

Tampax tampons are available in three absorbencies—Regular, Super and Junior. There's one to fit your needs. To suit you to a T.

Our only interest is protecting you.



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How much is your house worth today?

Your home and its contents probably add up to your greatest financial asset. You may be surprised to learn what it's all worth today—particularly if you have been living in the same house for several years and, like most families, have gradually accumulated possessions.

It makes good business sense to reassess the value of your home and property from time to time, just as you review other investments. There are several angles to consider: the market value of your home; its financial advantages as a major equity, providing security and borrowing power; tax provisions; insurance value; the records you need to make the best possible money management use of your home.

What is the current market value of your house? How much could you get if you were to sell your home right now? What would be a reasonable asking price?

Especially if you're considering selling soon, it could be worthwhile to hire a **professional appraiser** to give you an estimate. For a fee of from $50 to $125, you'll get a fairly accurate, objective written appraisal of your home's worth based on a study of the locality, an analysis of the neighborhood and the building site, and an evaluation of the building itself.

To evaluate the neighborhood, an appraiser normally considers convenience to schools, churches, shopping, and public transportation. He also analyzes trends that could affect the future value of property in your neighborhood —changing income levels, for instance; population; housing units; property values; ethnic composition. And he considers economic characteristics, such as average income in the area, property values, occupations, and home financing possibilities.

An appraiser looks at the building site in terms of lot size and description, zoning, improvements, utilities, easements, and other factors related to value. As for your house itself, he starts with its type, age, and condition. He also examines the exterior and interior for quality of construction and building materials. The number and size of rooms, together with the overall layout and inside traffic pattern, also are important considerations. The appraiser rates bathrooms, kitchens, appliances, and the furnace according to age and condition. And he appraises the electric system and any special features, such as air conditioning, recent remodeling, landscaping, and other extras. The end result of an appraiser's analysis should be an accurate estimate of the current market value of your property and its assets.

To find a qualified, competent appraiser, ask your banker for recommendations. Also look for the designation MAI (Member of the Appraisal Institute), conferred by the American Institute of Real Estate Appraisers, or SRA (Senior Residential Appraiser), conferred by the Society of Real Estate Appraisers.

Although the information won't be so detailed, you might get an idea of the value of your home by asking **your lender** to reappraise your property in the light of any improvements you have made, together with increases in property values since you bought the home. Lenders don't normally divulge the appraised value. However, you can learn how much they will lend you on your property, and this evaluation might reveal borrowing power you have overlooked. (Another source of appraisal information is the FHA, which will figure not only the value of the property, but also the maximum loan amount permitted for a qualified purchaser.)

If you have any serious thought of selling or trading your home, consider asking a **Realtor** to give you an estimate of what it could bring on the open market. His estimate will be based largely on how your home measures up to similar houses for sale in your area. A Realtor is normally a good judge of what appeals to buyers and what features in your house are most salable.

You even may be able to do some figuring **on your own** by comparing your home in its present condition with similar homes selling in your area. Real estate ads, plus one or two Sunday afternoons going through "open houses" on the market, could give you a feel for the value of property today. This do-it-yourself method is probably much less reliable than more expert advice, however.

What borrowing power does your home give you?

Many homeowners borrow against their property when they need cash to make home improvements, pay college costs, handle emergencies, make a down payment on a second home or on income property. There are several ways you can get cash on the strength of your home ownership:

Refinancing an existing mortgage is one source of credit for homeowners. If you have an open-end mortgage, you can reborrow not only the principal you have already paid, but perhaps more, depending upon the original appraisal. However, you normally pay the current rate of interest on the amount reborrowed, and you may even have to pay a higher rate on the entire amount outstanding. If the rate on your present mortgage is less than current rates, refinancing can be costly. On the other hand, rates and monthly payments on long-term financing are lower than for short-term credit. Even if the total amount you pay in interest is greater, the monthly payments on a long-term loan may fit your financial needs best.

You also might obtain a sizable amount of money on a short-term basis in the form of a **second mortgage** or a **personal loan.** Both are based largely on the strength of your financial position as a property owner. However, second mortgages aren't always available in some parts of the country.

If you want cash for home improvements or repairs, you may qualify for an **FHA Title I loan,** or for a **conventional home improvement loan.** For more details on financing home

Continued on page 28



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Please accept my application for membership in the Doubleday Bargain Book Club and send me the 6 books whose numbers I have printed in the boxes. Bill me only 99¢, plus shipping and handling, for all 6. About every 4 weeks, send me the club's Bulletin describing the 2 coming Selections plus at least 30 Alternate book bargains. If I wish to receive both Featured Selections, I need do nothing; they will be shipped to me automatically. Whenever I don't want one of the 2 Featured Selections, or prefer an Alternate, I will notify you by the date specified by returning the convenient form always provided. I need buy only one book from each Club Bulletin during the coming 6 months, and may resign any time after 6 months or after purchasing 6 books. The club's Regular Selection is always priced at only $1.69; the Extra-Value Selection averages 60% below the price of the publisher's edition. A modest charge is added for shipping and handling. **NO-RISK GUARANTEE:** If not delighted, I may return the entire introductory package within 10 days. Membership will be canceled and I will owe nothing.

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How much is your house worth today? *Continued*

improvements, see *Better Homes and Gardens*, May, 1972.

Though your home may provide leverage for borrowing, it's important to take a few precautions to protect your property and your financial interests:

1. Keep total monthly payments at a level you can comfortably repay.
2. Know the risks before signing any agreements, particularly where your property is pledged to secure a loan. If you have any questions concerning your rights and obligations, you probably should consult your lawyer.
3. Compare rates and terms for different types of loans and from several lenders.
4. Deal only with reputable, licensed lending institutions.

Note: The chart at the right compares sources of credit.

What tax advantages are there in home ownership?

Tax deductions provide a big break. Most important is the in-

Continued

TYPE OF LOAN	TYPICAL ANNUAL RATES	AMOUNTS AVAILABLE	REPAYMENT PERIODS	COMMENTS
Refinancing	7-8½%	usually up to 80% to 85% of home's value	up to 25 years	•can be costly if original rate is less than current rates •may be a prepayment penalty charged
Open-End Refinancing	6-8% depending on the original rate	up to an amount determined by original appraisal of the property—sometimes greater than the loan originally requested	up to period in original mortgage	•rate depends on whether you refinance the entire amount for original rate, split original and current rates, or pay current rate on the entire amount
Second Mortgage	14-20% and up	depends on borrower, property, and status of the first mortgage	up to 3 or sometimes 5 years or longer, depending upon state law and local custom	•may call for a balloon payment at end of the term if not fully amortized •can be risky in that a pledge of property is required for security on short term debt where monthly payments are normally high
Personal Bank Loan	10-15%	depends on borrower, assets, and purpose of loan	up to 3 years	•may be available without pledging property
Conventional Home Improvement Loan	11-15% and up	up to $5,000 or $7,500	up to 5 or 7 years	•may be available without pledging property
FHA Title 1	8.83-10.57%	up to $5,000	up to 7 years	•must be made by an approved lender •may not be used for luxury improvements

When you're ready to switch to four-channel, will your stereo be?

It will be if it's one of the new Sony compact stereo 200 series.

Because of how quickly and easily you can convert them to four-channel stereo quadraphonic.



The SONY HP210A. It's ready when you're ready.

Just add a Sony SQA-200 decoder/amplifier and two speakers. You'll have yourself a stereo system that'll play all the new four-channel SQ records.

Until then, you've still got full Sony stereo.

Which means that even if you don't switch to four-channel, you've got at least this much going for you:

A powerful, all-solid-state Sony stereo amplifier with an all-solid-state FM stereo/FM-AM tuner built into it.

Being a Sony, the tuner has IF filters and a Field Effect Transistor to maximize selectivity and sensitivity.

And built into the unit a BSR 4-speed record changer. And maybe a stereo cassette or cartridge recorder, too. It all depends on which 200 model you pick.

Look at it this way.

When you buy one of the new Sony compact stereos, you're getting more than a compact stereo.

You're getting half a four-channel.

SONY
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The right way to pickle is with fresh-grown ingredients. Including the vinegar.

Heinz White Vinegar is a pure natural food made from sun-ripened corn. As fresh and natural as the ingredients you would use in this recipe for Pickled Mixed Vegetables.

To prepare, break 2 med. cauliflowers into flowerets; cook 5 min.; drain. Cut 2 red, 2 green peppers into strips. Peel; quarter 6 med. onions. Combine 2½ cups Heinz White Vinegar, 1½ cups sugar, 1½ cups water, 3 Tbsp. salt, 1 Tbsp. each mustard and celery seed, ¼ tsp. turmeric; heat to boiling. Add vegetables; boil 2 min. Simmer; pack one hot sterilized jar at a time. Cover vegetables to ⅛" of top. Seal at once. Makes 5-6 pints.

Heinz-The Natural Vinegars



Heinz

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ONE OF THE DIFFERENCES BETWEEN A WHITE COLLAR AND A BLUE COLLAR COULD BE A RED JACKET.



Often, career success demands an ability to motivate and influence others. How well you understand and use words can make the difference. Wouldn't that difference be worth $7.50? Over ten million Americans turn to Webster's Seventh New Collegiate Dictionary whenever they want to be right. Give one to a student now. It might make the difference later.

Merriam-Webster Dictionaries, Springfield, Ma. 01101

How much is your house worth today?

Continued

terest on your mortgage, plus real estate taxes. You also can deduct any casualty losses to your property which exceed $100 and are not reimbursed by insurance or other sources, such as government relief agencies. In some states, all these expenses may be deducted from your state income tax, too.

If you use part of your home for business or rental, you are entitled to additional deductions. You can figure a percentage of household operating costs based on a room count or square footage used for business or rental as opposed to personal use. Deductible items for business also include an appropriate portion of heat, electricity, air conditioning, cleaning help, and overall maintenance. You can count the same percentage of the total depreciation on the house, together with 100 percent depreciation of the annual charge on equipment and furnishings used exclusively for business or rental purposes. Repairs and maintenance for the business or rental space also are totally deductible.

Warning: There is some disagreement between IRS and some courts over the type of home-business activities qualifying for this deduction. Also, if your "home office" is used for both personal and business purposes, you may run into trouble with IRS on figuring the percentage of business use. IRS reasons that the periods of nonuse will be treated as personal use. For example, if business use and personal use of your "home office" each totals two hours a day, you might think that 50 percent of your costs would be deductible. Not so, says IRS. The 20 hours of nonuse would be treated as personal use, so that your business-use portion would shrink to 2/24ths.

Other tax breaks work in your favor when you sell your house. For example, home improvements can be added to the cost basis of your home to reduce the amount of capital gains tax on the sale price. Say you paid $25,000 for your house, spent $4,000 on improvements, then sell for $32,000. The cost basis of the property is $29,000 (purchase price plus the cost of improvements). Your taxable profit comes to only $3,000 and may be subject to favored capital gain treatment.

If within a year before or after selling your house you buy another at a price that equals or exceeds the sale price, you can defer the capital gains tax. (If you build, the replacement period is extended to 18 months after the sale of your old house. Your profits on the sale are subtracted from the purchase price of the new house, thereby reducing the cost basis and postponing payment of taxes until a final sale of property when you do not repurchase.

Capital gains tax on the sale of a home also can be reduced by subtracting selling costs from the sale price of the house. These costs include real estate commissions, advertising, legal fees, loan charges, appraisals, title insurance, and other items, depending on state laws and on the situation. Certain repairs and fix-up work also can be deducted from your gain if done within a 90-day period before the date on the sale contract and paid for within 30 days after the sale date.

If you are 65 or older, you get another tax advantage from your home. You pay no capital gains tax whatsoever if the sale price of your home does not exceed $20,000. When the sale price is over $20,000, the taxable gain can be reduced by a proportion of the gain equal to the proportion that $20,000 bears to the sale price. For example, you sell a house for $30,000 and the capital gain is $15,000. Because $20,000 is two-thirds of $30,000, you can reduce the taxable gain by an equal proportion. Subtracting two-thirds of $15,000, which is $10,000, from the capital gain leaves you only $5,000 on which to pay taxes.

Note: You must use the home as your residence for at least five of eight years prior to the sale in order to qualify for this tax break.)

Continued



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(We can honor only those inquiries that list organization names, since we sell only through civic, church, community, school and other non-profit groups.)

How much is your house worth today?

To report your house sale, complete a Form 2119, available at your local IRS office. This form automatically will guide you to a correct computation of any reportable gain on which you must pay tax. Remember, you'll need complete and accurate records to make the most of the tax provisions related to your home. The chart below shows one way to record deductible expenses and costs related to capital gains tax:

Deductible expenses (currently deductible from ordinary income)

Mortgage interest $_____

Other interest (home improvements, special assessments or repairs)

Real estate taxes _____

If a portion of the home is rented or used for business you can deduct a percentage of:

heat _____
electricity _____
cleaning services _____
overall maintenance _____
homeowner's insurance _____
depreciation _____

100% of depreciation on equipment and furnishings for business or rental space _____

100% of expenses for maintenance of business or rental space alone _____

TOTAL DEDUCTIONS $_____

Records needed to compute capital gains tax at time of sale

Purchase price of old house $_____

Closing costs—appraisal, property survey, title search and insurance, legal fees, fees for notary, for recording the deed, for processing the mortgage and for the credit report _____

Improvements

Date	Description	Cost

Total improvement costs _____

Assessments

Date	Purpose	Cost

Total assessments _____

Selling costs—pre-sale fix-up expenses, legal fees, broker's fee, loan charges, tax stamps, advertising

TOTAL AMOUNT TO DEDUCT FROM SALE PRICE TO DETERMINE CAPITAL GAINS $_____

Purchase price of new house (needed to compute taxable gain, if any) $_____

NOTE: *Keep all receipts and canceled checks on all expenses.*

What should you do about homeowner's insurance?

It's estimated that 60 percent of the insured homes in the country today are under-insured. If you haven't updated your homeowner's policy in the last few years, you could be in for a serious financial shock. Some homeowners have lost as much as 20 to 50 percent of the total value of their home and possessions.

To protect yourself adequately, your home should be insured for 80 percent or more of its replacement cost. If your insurance was written for full coverage years ago, the amount would not begin to replace your home

ossessions today. In the
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Only when you are in-
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will your losses to the
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the 50 percent limit. If
possessions have greater
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personal articles. Most
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of $500 for any one theft,
u may want to insure in-
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way to keep your insur-
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inventory of personal pos-
ns is almost the only way
n make complete, accurate
s in the event of a major
otal loss. List and estimate
sh value of every item in
room.

addition, photographs of
room, together with can-
checks and bills to verify
s, can be helpful in docu-
ng claims.

ke some provision for up-
g your inventory period-
. Keep a copy of the in-
ry and other records in a
deposit box. ■



Big Wally lifts the dirt right off the wall!

Introducing the aerosol foam that cleans walls better-without the mess!

Forget about buckets, mixing, streaking and rinsing. Big Wally cleans walls faster—and gets walls cleaner. With a new kind of foaming-action that actually gets down under the dirt—and lifts it right off the wall.

One can cleans four walls fast. With Big Wally you'll be able to wash all four walls in a 10 x 16 room (over 400 sq. ft.) in about an hour. Just spray it on and wipe it away. Without all the hard scrubbing, messy dripping and extra rinsing you get with watery cleaners.

Clean walls faster and get walls cleaner with Big Wally. The foaming-action wall-washer that lifts the dirt—right off the wall.

It's new from Johnson WAX



Order this handy household inventory book to make insurance records easy and accurate
You'll be able to account for all household possessions in case of damage. Room-by-room, item-by-item, cost-by-cost notebook assures accurate, up-to-date records to make claims easy. 9"x4½" spiral bound; fits safe deposit box. Order another for updating at home. And don't forget your vacation home. $1.50 + 25¢ postage. Two for $2.50 + 50¢ postage.

Better Homes and Gardens, Dept. 2J1, Box 374, Des Moines, Iowa 50302

Please send me_____(quantity) household inventories (No. 13914). I enclose $_____
Name_____Address_____City_____State_____Zip_____



Would Your Husband Like a Younger-Looking Wife?

You probably don't even have to think twice before answering. Most husbands like their wives to look just as young as possible. Being married to a youthful-appearing woman usually makes a man feel vigorous and appealing, more sure of his own attractiveness.

How satisfying to know that you can give such a gift of love to your husband. Simply discover



the secret known and shared by young-looking women in many parts of the world, the lovely secret of a unique blend containing tropical oils and natural moisture. This unusual beauty fluid, known in the United States as Oil of Olay, was developed by beauty researchers for women like you, those women whose skin is becoming dryer and older-looking with the passing of time. Oil of Olay goes to work quickly to soften and smooth your skin. And, most importantly, to alleviate dryness. As dryness is eased, wrinkles and fine lines that make you look older become less noticeable. With regular use of this remarkable fluid, a more youthful look begins to return, a look both you and your husband have missed.

Oil of Olay moisturizing lotion, with its natural moisture and oils, quickly penetrates the significant surface layer of the skin, where it works with nature to help maintain the oil-moisture balance, an essential element needed for the freshest, dewiest, most vital skin possible. The skin-loving liquid is blended to be compatible with the skin. The complementary ingredients set up a barrier that helps retain nature's own moisture, essential if your skin is to achieve its most youthful appearance.

You will discover that Oil of Olay, available at drugstores everywhere, displays its beautiful benefits best when applied at least twice a day. In the morning, as a superb makeup base. Oil of Olay is quickly absorbed and leaves no sticky after-feel, so cosmetics don't streak or change color. Again at night, to cherish and nurture your complexion during relaxed hours of sleep.

Only you can give your husband the pleasure of a younger-looking wife. Why wait another day?

Beauty Hints

If you waken during the night, the temptation is to have a snack. Instead, spend a few relaxing moments gently soothing Oil of Olay into your face and throat. Both your complexion and your figure will benefit immeasurably.

* * *

Never waste a single precious drop of Oil of Olay®. When you have lavished the beauty blend on your face and throat, morning and night, use any droplets left on your fingertips to pamper elbows, knees and any other areas that would welcome such tender loving care.



GARDENING IN SEPTEMBER

Garden jobs you might schedule this month include patching lawns, planting evergreens, planting narcissus, dividing peonies and oriental poppies, and moving planters.

Fall lawn care

Get your lawn set for winter and next spring. Rake and remove accumulations of leaves and other debris. If allowed to pile up, they can encourage fungus and other diseases.

If weeds in the lawn appear to be fighting a winning battle, now's your chance to fight back. Take advantage of the ideal grass-growing weather during late August and September by starting a new lawn or patching up your old one.

Grass seed sown during these months will germinate and grow well during the warm days and cool nights of fall. The young seedlings have ample time to root deeply and establish themselves for winter survival. Sod responds equally well to fall growing conditions and quickly conceals lawn blemishes.



Sodding

Mark out the area to be patched and make clean, straight cuts along the outline with a sharp garden spade (as shown). Skim off an inch of soil in the bare area and turn the exposed ground with a spade. Add organic matter and a sprinkling of plant food and mix in well. Then firm soil and remove enough so sod patch is level with rest of lawn.

Lay sod in place and firm against underlying soil. You can buy small quantities of sod in garden centers or use strips cut from other parts of the lawn. Fill narrow gaps between pieces of sod with loose soil. Water daily for three weeks, then once each week. To get good healthy growth and color, feed the entire lawn in mid-September.



Drawings: Hugh Sti

Planting evergreens

Planting and transplanting ever greens demands special atter tion. Notice the careful way nurseryman digs balled-and-bur lapped shrubs. Equal care needed for successful planting.

September is one of the bes months to transplant evergree trees and shrubs. These plant are immediate and long-lastin assets to your garden.

Nurserymen usually dig field grown plants in the fall after th hot weather is past and plan growth has slowed down. Tree and shrubs, even big ones, ar dug with a good-size ball o roots and soil which is wrappe with burlap and tied securel with twine. This method ensure success with most ornamenta evergreens.

Evergreen plants are als available in removable or ready to-plant containers. Some peopl say these are slower in gettin established than balled-and-bur lapped plants, but either metho is much better than bare-roo transplanting.

Dig a planting hole a foot o so wider and about an inch deep er than the earth ball. You ca use a shovel handle to measur (as shown). Set the plant in plac and position vertically by addin soil under the low side. Firn good soil around the ball unti the hole is filled to the top. Al low this to soak in before fillin with soil. Leave a depressio around the plant to form a shal low reservoir to aid in future watering. Water as necessary.

Continued on page 164

General Electric can show you this.
ecause we have the dishwashers that will do this.



Before



After

e pot on the left has the remains of aked bean casserole.

The unretouched picture on the nt is the same pot after it has been ubbed with the brushless water ion of one of our six Potscrubber hwashers with Power Scrub™ cle. Nothing else was ue to this pot. No pre-aping. No rinsing. washed it along h a full load of 88 er dirty dishes, sses and silverware.

You'll get the same ults as we have if 'll follow our simple, ding diagrams for erent sizes and es of loads.

Instructions provided with every Potscrubber we sell.

That's why we can give this guarantee:

"Buy any one of our six Potscrubber* dishwashers with a Power Scrub Cycle from a participating GE dealer before Dec. 31, 1972. If you're not fully satisfied with its performance (and you'll be the judge), notify the dealer within 30 days of your purchase. He'll take back the dishwasher and refund your money. No questions asked."



In addition to pots and pans you can also safely wash fine china and crystal.

We make a line of Potscrubber models to fit into a lot of different kitchens. Three built-ins. Three front-load convertibles, portable now, can be built in later.

These are some of the reasons why more people use GE dishwashers than any others.

We also have a quality feature just as dependable as our Potscrubber.



Customer Care Service Everywhere. This is our pledge that wherever you are, or go, you'll find an authorized GE serviceman nearby. Should you ever need him.

The Potscrubber dishwasher... another reason why GE is America's #1 major appliance value.

GENERAL ELECTRIC

Potscrubber dishwashers with Power Scrub Cycle are models SC or SD850N, SC or SD660N, SC or SD460N.



Finishes anything you start.

Do-it-yourselfers and Pen-Chrome Wood Finishes were made for each other. Whether you're building something new, refinishing something old, or redoing the woodwork or cabinets in your home, you can count on professional looking results with Pen-Chrome Stains and Clear Finishes. Even if you're an amateur.

Buy Pen-Chrome at the paint dealer where you see the sign of O'Brien, Fuller-O'Brien, or Dixie-O'Brien.

FULLER O'BRIEN



SHORT OF BREATH? SOME FACTS YOU SHOULD KNOW

A young mother-to-be stops halfway up the hill to catch her breath on the walk back from the corner grocery.

A seven-year-old boy drops out of a fast ball game and squats on the sidelines, panting and gray-faced, until he gets enough wind to go back in.

A college co-ed still has spells of coughing and wheezing three months after a bad chest cold.

An overweight businessman becomes severely winded and queasy while shoveling his driveway after the first snowstorm of the winter.

Any of these people, or a dozen like them, could easily turn up in one doctor's office in the course of a single day. The prospective mother has an iron-deficiency anemia as a result of her pregnancy. The boy has a previously unsuspected congenital heart lesion, and could well go into heart failure soon if his trouble is not identified. The co-ed's "chest cold" has become a potentially dangerous obstructive respiratory infection, aggravated by her heavy smoking, while the businessman, who is otherwise perfectly healthy, has simply allowed himself to get seriously out of condition. But different as their basic health problems may be, all of these people are suffering from "shortness of breath," the common term applied to a frequently encountered and poorly understood general symptom of illness.

Everyone experiences shortness of breath from time to time. Most often it is nothing more than a transitory sign that the body is making a normal, healthy adjustment to an episode of unusual physical exertion. But in some cases shortness of breath (also known as *dyspnea* from the Greek words meaning "labored or difficult breathing") can be an urgent bellwether signal of some serious underlying illness. Thus it is important to understand why it occurs, what it may mean, and what steps should be taken if it continues or becomes severe or recurrent.

Why you breathe

Whatever form it may take in individual cases, shortness of breath most frequently arises from a single basic underlying disorder: a temporary shortage of oxygen reaching the organs and tissues all over the body. We know that a steady, unbroken supply of oxygen is absolutely essential to continuing life. This vital element, so plentiful in the air we breathe, is the key to innumerable biochemical reactions going on in the body's cells night and day, and especially to those reactions which unlock the energy reserves from the foods we eat.

So critical is this one element to the chemistry of life that cells in the brain begin to die if deprived of oxygen for as little as four minutes, and our muscles must have a constant supply of oxygen to continue their work. Two major organ systems—the respiratory system and the cardiovascular or circulatory system—work together unceasingly to draw oxygen into the body and distribute it far and wide to the cells and tissues. It's hardly surprising, then, that the body also should have a delicate built-in measuring device to detect when oxygen supplies are getting low, and to stimulate replenishment before the shortage can cause damage.

The body's need for oxygen does not remain constant day in and day out. During sleep, when comparatively little is used, respirations and heart rate slow to a low ebb. When mental and muscular activity increase upon awakening, both the heart and breathing rate speed up to meet the need, and during episodes of unusual physical exertion as much as 20 times the normal supply of oxygen may be temporarily required.

To help handle these naturall fluctuating needs, a special *resp ratory center* in the brain sense when additional oxygen needed and sends out silent bu powerful nerve signals to spee up the respiratory rate and in crease the depth of each breath (A similar but separate circu latory center helps control th heart rate.) Oddly enough, th respiratory center doesn't mea sure simply the oxygen level i the bloodstream, as one migh suppose, but also the concentra tion of carbon dioxide dissolve in the blood plasma. Carbo dioxide is a waste product fro the reaction within the cel which gives us energy, and mu be returned to the lungs and ex pelled into the air.

A rising level of blood carbo dioxide signals the respirato center that respirations are in adequate; the heart and breath ing rates then increase, bringin more oxygen to the tissue. At th same time, more carbon dioxid is exhaled, so that the concentra tion in the blood falls off. Whe this occurs, signals from the re piratory center slow down agai

Ordinarily this complex "fee back system" functions com pletely outside our awarenes Although we *can* control ou respirations consciously, up to point, the automatic system tak over immediately as soon as ou minds turn to something else. is primarily when the intern need for more oxygen *continu to exceed* the supply the bod can bring in that we becon aware of the labored, pantin breathing and the odd, suff cating sense of physical discom fort that we interpret as shor ness of breath.

What illness does to yo breathing

Under normal conditions, suc episodes of shortness of brea are short-lived; the natural ba ance between oxygen need an oxygen supply is quickly restore But when some illness or oth health disorder interferes in an way with the normal intake oxygen, or its distributio throughout the body, dyspn may become more severe, pr longed, or recurrent—an im portant warning symptom some underlying trouble. A wi variety of different disorde may be at fault. Some peop even suffer shortness of brea for purely emotional reason without any underlying organ cause at all. But in most case excessive shortness of breath r sults from one of four gener types of problems:

- *Respiratory obstructions.* A condition that obstructs the fr movement of air in and out the lungs, or hinders the e change of oxygen and carb

between the alveoli and
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labored, difficult breath-
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chial infections, for ex-
may fill the smaller air
with sticky mucus, limit-
movement of air. When
eoli themselves are in-
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us forms of pneumonia,
t oxygen cannot pass
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ng the airways shut, so
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o push air in and out of
gs past the obstruction.
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s a result of long-term
al obstructive diseases
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oo sluggishly and fluid
he capillaries seeps out
e lung tissue like water
sponge, further impairing
rmal intake and distribu-
oxygen.

Continued on page 41

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Protected better.
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Kotex

Advertisement

What Can You Do About Your Money Security?

Today, the cost of living has climbed to an all-time high, and may go even higher. Unemployment is up in some areas, and even people in secure jobs have begun to worry about the future.

These facts have put thousands of Californians of all ages in a difficult financial spot. As the cost of living goes up, it becomes harder and harder to save money for their immediate needs, as well as for such long-range goals as a better home, a good education for their children, a secure and happy retirement. Few families have enough money set aside to last more than one or two years when something happens to the "breadwinner."

In the past, most folks have tried to do something about this money problem through a savings account or investments. But none of these can really solve the problem or stop the worry. It's hard, for example, to keep putting enough money into a savings account, and then resist the constant temptation to take money out for some current emergency. And what happens to the savings account if, suddenly, there's just no income available.

Investments, too, are loaded with uncertainty—no one can ever guarantee the average investor that he will reach his money goals and have the kind of security he needs and wants.

But fortunately, there *is* a sensible solution to this problem. Now you can *guarantee* yourself the extra cash you want for the future—either in the form of a big check that you can spend as you see fit, or steady monthly checks that come to you for as long as you wish. No matter what your age, this added cash can let you enjoy real worry-free security and pleasure, regardless of an uncertain future.

With today's record-high living costs, most Americans do not have enough money available if something happens to them, and most do not have enough cash to really enjoy life the way they'd like after they stop working.

But now it's easy to do something about it, thanks to a plan that helps take the worry out of life by *guaranteeing* you the amount of cash you want at the very time it's needed most, no matter what.

This low cost plan is guaranteed by Certified Life Insurance Company of California, whose famous White Cross Plan policies now protect thousands of California familes.

The full story of this remarkable life plan that lets you add new security and peace of mind despite the uncertainties of tomorrow is in "The Gold Key Book," an interesting and informative booklet offered free by Certified.

****For your free copy of the "Gold Key Book" simply fill out and mail the postage-free card next to this page. There's no cost or obligation for this service.*



Now you can guarantee the money you want for the future, no matter what.

Life's more fun when you know you're protected against future worries about money.



HORT OF BREATH *Continued*

A coronary heart attack, in ich an artery supplying blood the heart itself is suddenly cked, can precipitate heart ure very suddenly, with acute rtness of breath among the nptoms; in other cases, heart ure may develop slowly, over eriod of days or weeks. Short- s of breath is sometimes the liest symptom, appearing dur- episodes of mild exertion l then disappearing like magic en the victim stops his activi- to rest. He may first suspect t something is wrong when finds himself becoming pro- ssively short of breath as a re- t of less and less exertion. In ier circumstances, dyspnea e to heart trouble may only ur when the victim is reclin- , so that he must prop him- f up on two or three pillows sleep. It also may occur in lden attacks in the middle of night so that the sufferer ist get up from bed and walk ound a while to get his breath.

Anemia. Shortness of breath o may be present in various ms of anemia, a condition in ich the blood is deficient in l blood cells or hemoglobin. e person with anemia may ve no respiratory obstruction, r any kind of heart trouble, t still become acutely short of eath because the blood itself nnot handle the job of trans- rting oxygen. As in the case heart failure, the dyspnea at st occurs only on exertion, t in advanced cases may even present at rest.

The most common form of emia occurs when there is dequate iron in the diet to rm enough oxygen-binding moglobin for the red cells. his so-called iron deficiency emia is particularly prevalent ong prospective mothers dur- g pregnancy when their bodies ust manufacture enough extra ood to supply not only their vn needs but those of the de- loping baby as well. Anemia n arise from other causes as ell, however.

Poor physical conditioning. erhaps the most common cause shortness of breath is nothing ore nor less than poor physical ndition. Ordinarily our respi- tory and circulatory systems ve a certain built-in reserve pacity to help us meet tempo- ry, excessive oxygen needs ithout distress. During periods exertion the lungs can expand mewhat more than usual, and e heart can beat faster than ual, circulating the blood more viftly as the respiratory rate in- creases. Once the exertion is over, we expect these changes to revert quickly to normal. As long as these natural cardio respiratory reserves are exercised more or less regularly through daily activity or exertion, they will remain in good order indefinitely, ready for use whenever the body needs them.

Unfortunately, however, too many people lead such sedentary lives that their natural physical reserves are allowed to deteriorate. They drive rather than walk, surround themselves with labor-saving devices, eat more than they should, and rarely (if ever) put their natural reserves to the test. Then when they do call upon those reserves, their bodies don't respond as they should. Even moderate exertion leads to noticeable shortness of breath, and recovery is not as speedy as expected. The heart races faster than it should, and takes longer to slow down again.

These differences are just a matter of degree; no illness, as such, is involved. Yet the person who is out of condition finds himself more and more handicapped during physical activity.

If you're short of breath

Shortness of breath need not necessarily be alarming. The person who suffers only occasional mild episodes during physical exertion has no cause for worry so long as his breath comes back quickly when the exertion is over. A pattern of increasingly frequent, increasingly severe dyspnea, however, or shortness of breath that seems out of proportion to the amount of exertion, may well be an early warning of health problems ahead. Fortunately, the most common causes are not usually too difficult or costly to track down.

The obvious first step is a visit to your physician and a careful physical examination, including a stethoscopic examination of the heart and lungs and a blood test to help rule out the possibility of anemia. Other useful examinations include a chest X ray, an electrocardiogram, and an exercise-tolerance test, all of which can be performed inexpensively today in most doctors' offices. Measurements of respiratory capacity—the amount of air the individual can draw into the lungs with effort and the speed with which that air can be exhaled—can be compared with normal standards, and help the doctor identify even minor respiratory impairments. ■



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Helping teen-agers live with acne

Your teen-age son flops into his chair at the breakfast table one morning and groans, "Man, my face is a mess. How come they can't find a quick cure for acne?"

Sound familiar? It probably does if you have an adolescent in your household. It's estimated that almost 90 percent of all boys and girls between the ages of 12 and 21 suffer from some form of acne. (In a few cases, it may persist on into the middle twenties and beyond.)

What is acne? Doctors classify acne into several categories, but the most common one, the one most of us mean when we use the term "acne," is *acne vulgaris*.

This is a conglomeration of blackheads, whiteheads, infected pimples, and in more severe cases, cysts that break out on the face and, to a lesser extent, on the chest and back.

Acne usually appears a year or two earlier on girls than on boys. And it's typically at its worst between the ages of 14 and 18.

Adults don't think of acne as a physically serious disease (no one ever died of it and it will disappear after adolescence) but psychologically it can be crippling—attacking youngsters, as it does, in their vulnerable, self-conscious teens. And, unfortunately, there's no way your ten- or 11-year-old child can prevent acne.

What causes acne? Medical folklore lists a number of uncomfortable causes—indigestion, constipation, sexual disorders, masturbation, "bad" thoughts. But doctors today know that most acne is simply the end product of a chain reaction kicked off by the onset of puberty.

Under the skin and nestled around the hair follicles are sabaceous glands that secrete a skin lubricant called sebum. These glands are more numerous and larger in the face, chest, and back areas than elsewhere. Androgens, sex hormones produced in increased amounts during adolescence, stimulate the sebaceous glands to grow larger and secrete too much sebum. The excess sebum plugs the follicle. And one plugged follicle equals one whitehead or blackhead.

Whiteheads and blackheads—doctors call them *comedones*—are basically the same thing. Blackheads have nothing to do with dirt. They are plugged follicles which are open at the top exposing the plug to air which oxidizes it from a white to a grayish-black color. Whiteheads, closed at the top, are protected from air and consequently don't change color.

As more sebum pours into the plugged follicle of the whitehead, the walls of the duct begin to break down. Oils and fatty acids seep out into the surrounding tissues which then become inflamed. Product: one pimple, known in medical circles as a *papule*. Blackheads, though unbeautiful, generally don't become inflamed if left alone. The final step along the road to complexion ruin may involve the gathering of pus within the pimple to form a pustule or a cyst.

Although this is the main mechanism that leads to acne, other factors can be involved, such as emotional stress, insufficient rest, and the onset of the menstrual period.

How can you cure acne? There is no quick cure—only time produces a permanent cure for this kind of acne. Flare-ups will occur. But your teen-ager can help control his acne if he:

- Keeps his face as free from oil as possible by washing it gently but thoroughly with soap and water (a special acne soap may help more severe cases) as often as necessary to dull the "shine"—usually three or four times a day.
- Keeps his hair and scalp free of oil and dandruff by frequent shampooing. The current long-hair fashions tend to make acne worse, since the accumulation of grease (natural or artificial) aggravates the problem.
- Doesn't put oily preparations or greasy creams on his face. Girls should avoid cleansing creams and heavy makeup. But reasonable use of light makeup, especially some of the medicated cosmetics, isn't harmful. And a little tint in the makeup can hide blemishes.
- Soaks up sunshine in the summer and, if possible, exposes his skin to artificial ultraviolet light in winter—with care to avoid overexposure or burning, of course.
- Doesn't pick or pinch the pimple. This makes the sore look worse (more noticeable), causes it to heal slower, and makes it much more likely to scar.

What about diet? For years doctors believed that chocolate, nuts, cola, milk, cheese, butter, fried foods (the list is endless) cause acne flare-ups. Now they're not so sure.

In a recent study researchers fed groups of students large amounts of peanuts, cola, or milk for several days and, surprisingly, found that "absolutely no major flares of acne were produced by foods. Only one-third of the subjects developed any new acne lesions whatever during the ten days of the tests, and these were within expected variation for control patients." And other research indicates that chocolate, long considered the arch villain of acne, also is blameless.

Rather than restrict all goodies, most doctors now leave it up to the patient to be alert to the possibility that some foods may cause his particular acne to flare up; then he can identify those foods and avoid them. The same caution is used for certain drugs, particularly those containing iodides or bromides, which may cause acne flare-ups.

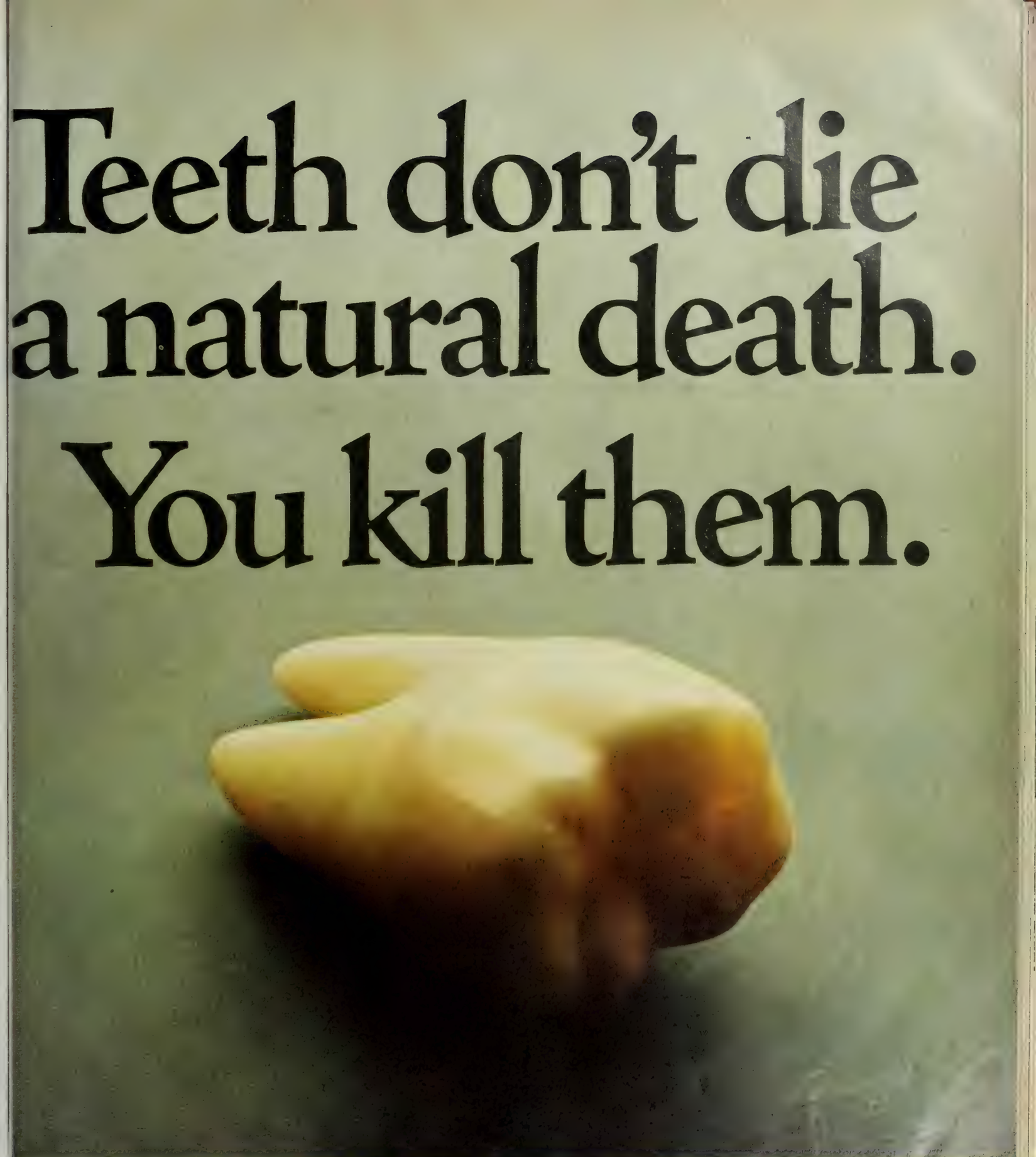
Certainly, your youngster should see your family doctor or pediatrician, even if his acne outbreak seems relatively minor. Prompt medical attention will keep the acne in the mild stage, avoiding permanent facial pitting and scarring that can result if the outbreak is allowed to become more serious. For severe cases of acne, you should consult a dermatologist, a specialist in treating skin problems.

What can doctors do? There are many treatments available. The doctor will select a program best geared to your child's individual skin type and acne condition.

He may assault the pimples chemically from the outside with astringents and peeling agents. Or he may attack the pimples from the inside with drugs. Since hormones started the whole thing, doctors sometimes use certain hormones to help treat acne. Where large cysts are involved, the doctor may have to resort to surgery under a local anesthetic to remove them. Or, the doctor may gently remove the contents of troublesome whiteheads and blackheads with a small tool called a comedo extractor. And a new cryosurgical technique for freezing acne lesions by spraying them for a few seconds with liquid nitrogen is attracting attention among dermatologists.

Getting good medical care for your youngster is only a part of a parent's role in treating acne. Even more important is a sincere understanding of the emotional distress acne typically causes young persons. Often, this psychological distress is made worse when parents nag the child to wash, change hair style, put on medicine, get more sleep, quit eating certain foods (which probably are harmless anyway), quit picking, and on and on. Don't let acne agony be compounded by your own misguided attempts to help. Sympathy and understanding are much more valuable here than advice and discipline. Fortunately, acne is one teen-age problem you can be sure time itself certainly will cure. ■

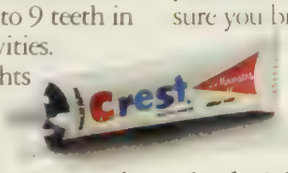
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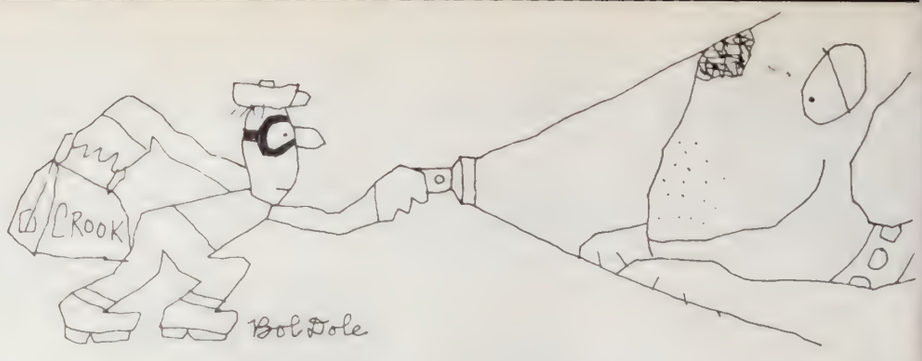
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GENERAL ELECTRIC

What makes a good watchdog?



A really dependable guard dog must have an even temperament, be thoroughly trained, and be handled by someone who knows how to control him. When just one of these factors is absent, the animal becomes a terribly dangerous liability.

What you need is a watchdog—an animal that is not trained to attack, but merely to bark at intruders. The best dog to handle this responsibility is the one that already shares your home. He feels that your home is his home, and he'll be more than willing to ward off intruders. All you need to do is teach him when to bark.

This will not turn him into a bloodlusting killer. Teaching him to bark on command should be much the same as teaching him to come, sit, or stay—each is a means of earning your praise.

If your family pet is going to be responsible for alerting your family, you'll have to keep one thing in mind. You're encouraging him to be suspicious and distrustful of strangers. While you won't make him mean, you're creating a dog that won't run tail-wagging to every person coming to your home. He'll be friendly but aloof.

Preliminary training

Before you can teach the dog to bark or do anything else on command, you'll have to establish a positive teacher-student relationship—the old-fashioned kind. In other words, you must convince the dog that you call the shots and you're always right. A dog obedience class is the best place to establish this relationship. But don't send your dog to school. Take him. And don't start before he's ready to settle down to serious training; about nine months is a good average for starting.

In the obedience classes you'll learn how to praise the dog and how to administer effective correction. Your dog will learn that his performance, not his personality, earns your respect. And he'll learn what the word "No" means.

That magic word "No"—and all that's associated with it—is used to stop unnecessary barking. Once you've taught him not to bark, or at least to stop barking after one command, you're ready to teach him when to bark. If he's going to be a really efficient watchdog, there are just two times when barking is called for: when you tell him to; when he's suspicious.

Basic training

A dog between the ages of nine months and a year is naturally suspicious. He's finishing his equivalent of puberty, and is beginning to establish his own territory. His instinct is to drive all intruders away. If you'll capitalize on this instinctive behavior, further training will be relatively easy.

Most dogs will bark at strangers. If you encourage this reaction, training is simple. Here's how to do it. Enlist the aid of a friend, preferably one your dog has never seen, to act as a prowler. While you and the dog are sitting at home in the quiet of the evening, have your friend walk around the yard in a suspicious manner. Let him really ham it up. Your dog's first reaction probably will be a timid "Woof." Encourage him. In a low, husky voice say, "Good boy, *watch 'em.*"

The dog's woof should then become a more confident bark. At this point your friend should run as if driven away by the dog. Praise the dog, and make him feel he's doing his job. Continue this routine nightly until the dog barks as soon as he senses the stranger's presence.

As your dog builds confidence, the stranger can become more aggressive. The next step is for him to approach the house and rap on the windows or rattle the door. But remember, your dog must always win the encounter and you should always be ready with lots of praise for a good performance. Since training is not confined to your evening sessions, be sure he gets his reward when he takes it upon himself to let you know there's a salesman (or anyone else unfamiliar to him) at the door.

At this point you must teach the dog that his only job is to bark, not attack intruders. Here again, you'll have to enlist the aid of a friend—a trusting one—to act suspicious until you let him into the house. Let the dog perform his entire barking routine, but when you go to the door, tell the dog to sit and stay, then greet your friend very warmly. Give the dog the impression that anyone you let into the house is a friend of the entire family and that if the dog is to remain part of your family, he'll be courteous, too. Stop any further barking or growling with a sharp "No!" Then call the dog over to you and your friend.

Your training partner should not approach the dog. Your pet is already uneasy, and he's liable to bite. If you call him to your friend, you've given the dog a chance to make the first move. This will give the dog the upper hand in the friend-making.

Never restrain your barking dog physically when someone enters the house. This will just excite him further, and he's likely to bolt and bite the intruder—and people you let into the house are never intruders. Your "stay" command is all that should be used to anchor him in place. If you don't trust him, you haven't completed preliminary training, and neither of you is ready to pursue watchdog work until basic obedience has been mastered.

Consistency counts

Consistency in watchdog training, as in all training, is the key to success. When your dog barks at the newsboy, don't nag the dog or tell him to shut up. Always give him the benefit of the doubt. What is familiar to you may be totally new to him. He doesn't know the newsboy, and he's just doing his job. After praising the dog for his performance, tell him to sit and invite the newsboy in to meet the dog. Follow this same procedure with the mailman, milkman, garbage men, and anyone else who comes to your house regularly. Your dog will get to know them, and further barking will cease.

But remember, all those people he's to meet should come into your house. The dog should never be taken out to meet them. The reason is simply this: while indoors he's in the heart of his territory, and he feels he is in a dominant role. Since your driveway or front sidewalk are less his, he'll feel less sure of himself and may lose a little confidence. If your watchdog is small, maintaining self-confidence is extremely important.

Dogs who don't bark

There are some dogs that aren't suspicious by nature and don't bark at strange sights or sounds. It's a little more difficult, but you can teach the quieter dogs to bark at strangers. Feeding time is the best time to start your routine. Making the training session a game will make it easier on both of you. Here's how.

Make a big fuss pouring his dinner into his bowl. Let him get a good whiff or even a taste of it, then hold it up out of his reach. Keep saying, "Watch 'em, watch 'em," all the time teasing him with his food. Sooner or later he'll bark. Give him his dinner and heaps of praise for dessert. Continue this routine until he gets the idea that the command "Watch 'em" doesn't mean dinner is ready, but that he has to bark to earn his reward.

Once he has the bark on command down pat, proceed to the prowler routine used with the naturally suspicious dog. This time, bring the stranger to your dog's attention. Give him the "watch 'em" command, and praise him when he barks. After he sees the stranger run off as a result of his barking, he'll take it upon himself to bark when he discovers a strange sight or sound on his own. From this point, training is the same as with the naturally suspicious dog. ■

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SOLE CALEDONIA



Photographs: Helms; Dieter



On December 10, 1971, W. Laing Stewart had two reasons to celebrate. It was his 28th wedding anniversary, and he received $50 from us for his Sole Caledonia recipe. Mr. Stewart started cooking as a Boy Scout in Edinburgh, Scotland, and never stopped. One of his favorite dishes was Sole Bonne Femme—sole garnished with homestyle vegetables—which he tried to improve upon. He added some of his favorite ingredients: shrimp, mushrooms, asparagus, and cherry tomatoes, and he wound up with Sole Caledonia.

SOLE CALEDONIA

1 pound sole fillets
½ cup dry white wine
1 cup (½ of 10-ounce package) frozen cut asparagus, cooked and drained
½ cup halved cherry tomatoes
½ cup sliced mushrooms
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
½ teaspoon salt
Dash white pepper
1¼ cups milk
1 slightly beaten egg yolk
¼ cup dry white wine
1 cup soft bread crumbs (1½ slices bread)
¼ cup grated parmesan cheese

In covered medium skillet, poach sole fillets in the ½ cup wine for 2 to 3 minutes or till fish flakes easily with fork. Drain and arrange in 10x6x1¾-inch baking dish; season with a little salt. Top with asparagus, cherry tomatoes, and mushrooms. In small saucepan, melt butter or margarine. Stir in flour, salt, and pepper. Stir in milk; cook, stirring constantly, till mixture thickens and bubbles. Stir small amount of hot mixture into egg yolk. Return all to saucepan; cook and stir till mixture returns to boiling. Remove from heat; stir in the remaining wine. Pour evenly over fillets and vegetables in baking dish. Combine the bread crumbs and parmesan cheese. Sprinkle evenly over all. Bake, uncovered, in 350° oven for 30 minutes. Makes 4 servings.

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In an emergency, Will you be helped?

You may survive an auto accident only to die needlessly because of poor emergency treatment. In fact, studies show that from 5 to 18 percent of all car crash victims—a shocking 3,000 to 10,000 lives—could be saved each year if adequate emergency medical treatment were available. And this does not take into account how many of the 400,000 heart attack victims and 60,000 general accident victims could have been saved.

What is needed is clear enough: an ambulance that arrives at the accident scene immediately, with trained medical technicians, to take you to the right hospital with doctors and equipment capable of treating your specific injury. Anything less than this can be fatal. Yet chances are your community falls short on one or all of these critical emergency services.

Federal law now requires that each state have an emergency medical care program to ensure prompt assistance. The federal government also will supply matching funds for such services through the National Highway Traffic Safety Administration. But this federal coaxing and coercion has not yet forced the states to develop complete emergency treatment plans.

About half of the ambulance services today are operated by morticians who use ambulances that are little more than brightly colored hearses. Ambulance attendants seldom are required to have more than a chauffeurs' license. And communication between these services and the hospitals is so bad that a victim often must be shuttled from one hospital to another because the emergency care facilities were not available at the first.

Some communities, however, have dramatized what can be done with efficient emergency treatment. Four years ago, the Jacksonville, Florida, undertaker-owned ambulance services collapsed and the city was forced to develop its own overnight. The fire department took over and applied professional know-how to the problem. Now no injured Jacksonville citizen will suffer more than four minutes before a trained rescue team arrives to administer aid. As in most cities, Jacksonville's accident rate has climbed about 30 percent since 1968 when the program began, but the death rate from auto accidents has fallen by 35 percent because of this outstanding emergency system.

Check your emergency service. If you call your police department, you can usually find out who operates local ambulance services and which hospitals have emergency room setups. Follow up with a visit to these facilities, for the sake of your family's security. According to the National Highway Traffic Safety Administration, the National Safety Council, and other experts in the field, a good emergency system should have:

- The same emergency telephone number—911—for the entire country. The federal government has advocated this to avoid the confusion about whom to call in an emergency.
- Radio communication between the ambulance and the central dispatcher, and between the ambulance and the hospital is essential for several reasons. A dispatcher can contact the nearest ambulance to the scene of the accident, and then call the hospital to alert them to the arrival of an emergency case. Communications between the ambulance and the hospital are important, since they allow the ambulance attendants to get advice on treatment en route.
- The ambulance attendant, the driver, and the dispatcher should all have obtained a level of proficiency at least comparable to a graduate of a National Red Cross advanced first aid course. Vietnam medics are even better as they combine experience with technical knowledge.

The Registry of Emergency Medical Technicians was established to certify competency of all attendants. Members must pass a four-hour written test and a practical skills exam before acceptance. After one year in existence the organization now has 5,000 attendant applicants, but this is a long way from constituting a significant portion of the 250,000 practicing attendants in the U.S. today.

For more information on what qualifications an ambulance attendant should have, write to the U.S. Department of Transportation, National Highway Traffic Safety Administration, Rescue and Emergency Medical



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Communication between
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be well established so

Continued on page 167

We've put everything you're looking for into one refrigerator. How's that for capacity.

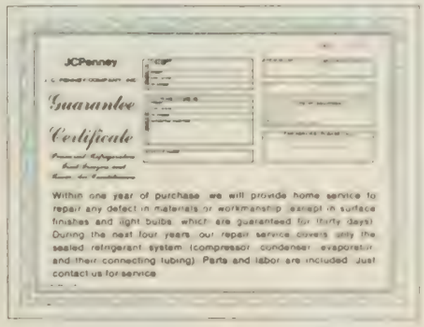


More space in less space.

The JCPenney Refrigerator. It holds 20 cubic feet of food. Yet all that fits neatly into a space just 30½ inches wide. You get your choice of colors. Which never costs extra at JCPenney. And we've loaded this refrigerator with conveniences like an oversize freezer. (Holds 242 lbs.) Adjustable half-shelves. And more. It's even frost-free throughout. You also get the kind of guarantee only JCPenney gives you. In fact, you'll find everything you're looking for in this JCPenney refrigerator. Including the price:



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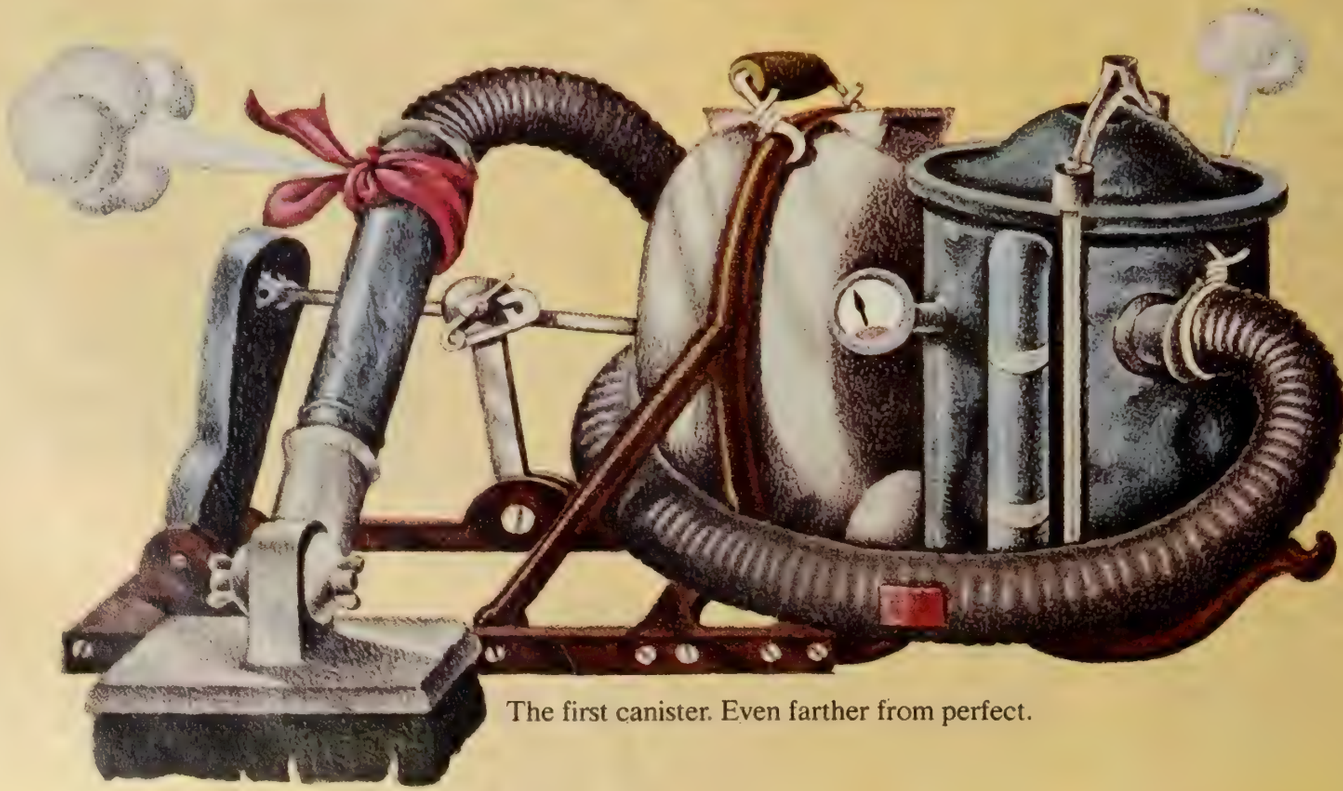
After 65 years of sweeping changes



In the beginning,
there was the broom.
It was better than nothing.

The first vacuum cleaner.
It was better than the
broom—but not much.

The first upright. It was
far from perfect.



The first canister. Even farther from perfect.

Eureka proudly presents the ultimate vacuum cleaner.

Introducing the new Eureka Power-Team. Not just a vacuum cleaner. Two vacuum cleaners in one. With all the convenience and suction of a canister. And all the deep cleaning power of an upright.

The Eureka Power-Team does the work of a canister cleaner. But it also does the work of an upright, with the help of a new and unique attachment.

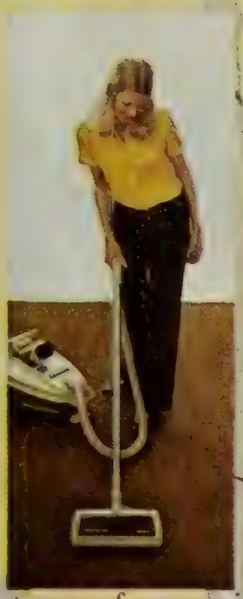


The exclusive Eureka Roto-Matic® head.

The Roto-Matic head has a separate motor of its own. Plus special beater bars to help shake loose deep-down carpet dirt. So it cleans like a powerful upright. And the Roto-Matic head easily



floats over your carpeting, *adjusting automatically* to clean any carpet height, while maintaining maximum suction for perfect cleaning.



So with the new Eureka Power-Team, you not only get all the advantages of a canister cleaner for cleaning bare floors, furniture, and drapes, you get the advantages of an upright for cleaning your heavy carpeting.

That's why we call it the best of both worlds.



The Eureka Power-Team

The best of both worlds.

EUREKA



Power Team Model 1285-A

The exclusive Eureka Roto-Matic® head.

Eureka Williams Company, Bloomington, Illinois. Division of National Union Electric Corporation In Canada: Eureka Division, Onward Mfg Co., Ltd., Kitchener, Ont.



Sears "Flower Basket." The brilliant beauty of needlepunch.

Sears revives an American Colonial design. And an almost lost American art form—needlepunch. The deep dimension of the Flower Basket design is created by hand guiding each yarn loop through the fabric.

And what yarns these are! They're an acrylic fiber that makes colors super-bright and beautiful against the off-white rayon and cotton blend background. Flower Basket is trimmed with fringe, and is easily dry-cleaned.

See Sears Flower Basket bedspread and draperies at larger Sears, Roebuck and Co. stores and by catalog.

Only at Sears

YES, YOU CAN GET A GOOD HOUSE FOR YOUR MONEY!

By Stephen Mead, Architectural Editor

"Why is it that none of those beautiful houses you show are being built in my area?" That's a question we find quite often in our reader mailbox. Basically, the answer is that the prospective home-buyer is caught in a vicious circle. Builders tend to keep on building row-on-row houses because they sell, families keep buying them because that is what's available, and lenders add their stamp of approval because their investment is safe. The solution is a change in all three segments of the circle: innovative builders, venturesome lenders, and families who will not settle for the ordinary, but who will take the trouble to search out quality houses. We've singled out nine escape routes for you to consider. One might well lead to the house you've been wanting for your family.



Buying information, page 112



Photographs: Fred Lyon, Designer: Frederick Sass Assoc., A. I. B. D.
Source: Barbara East Cathcart

The designer house: unique design at reasonable cost

Some people have special housing needs that only a custom-built house can satisfy. But when you can't find an available architect, what then? Answer: try a house designer.

Residential designers differ from architects in that designers work exclusively on single-family houses. Consequently, they're often more familiar with home building techniques and the range of available materials. The chief advantage of hiring a designer is that he can afford to spend time with you in developing a personalized house that fits your special life-style and budget. His services can include everything from site analysis to the final building inspection. Fees run from five to ten percent of the total building costs.

Check with lumberyards, builders, or the American Institute of Building Designers for the names of good designers in your area.

This handsome 2,040-square-foot house is a good example of how a designer can shape a good-looking and well-planned house around special needs. The picture at left and floor plan at right show what the owners wanted and got: exciting interior spaces, roof deck, and a master bedroom suite with study.



1st Floor



2nd Floor





2nd Floor



1st Floor





Photographs: Bill Helms. Architect: Ted Bartley, A.I.A. Source: Charlotte McIlvain

The architect-created house: a one-of-a-kind plan

A custom-designed house is more than just good-looking form of shelter. It's the be way of translating your concept of what home ought to be into an actual house.

Architects, like residential designers, ca make this dream home a reality, and ofte do a better job than you bargained for. Y many people are unfamiliar with how th architect works, his fees, or what service he provides. One way to find out is to sto by an architect's office and ask for a cop of the American Institute of Architect's Doc ment B131—it's all there, and easy to unde stand. You'll be surprised that you can g a custom home for the same cost or less tha you'd pay for an ordinary new house.

But keep in mind that the prime benefit a custom-designed house is suitability. Yo get a home environment that's specially geare to your family's habits, needs, and housin budget.

In planning this 2,616-square-foot hous for example, the owners asked for a feelin of spaciousness throughout. It's abundant realized with a wide expanse of windows, tw story-high living room, roof deck, and s larium.

Publication plans: homes by the hundred

Each year, newspapers, magazines, and books feature hundreds of plans for new homes. Our magazine, for instance, has offered over 75 plans in the past several years alone. Yet ironically, plan services are the most overlooked and least understood way of getting a new house. Here's how the system works.

When you buy a set of house plans, you'll normally get complete working drawings (the blueprints), a materials list to help estimate costs, and a guide to suggested building specifications. The price for plan sets averages about $25; less for duplicate sets.

The advantage of the plan service house is its great versatility—you can build it as designed, or you can hire an architect on an hourly basis to help make plan modifications. Material and detail options allow you to custom-fit the plan to your special needs.

The house shown here has proved to be one of the most popular plans we've ever shown. And there are hundreds more to choose from.

Better Homes and Gardens House Plan No. 3503-A. To order, please see page 151.





Photographs: Mike Dieter Designer: Wortley Horter



1st Floor



2nd Floor





1st Floor



2nd Floor



Photographs: Hedrich-Blessing. Builder: DeGrado, Inc. Source: Bonnie Crone

The precut house: a great way to save

Factory-built homes give you something that no other type of home can—namely, the time- and work-saving advantages of mass production. This means lower cost, so you can afford a bigger house or that extra bedroom.

Precut houses differ from other factory-built homes in that all the materials needed to build your house are delivered to your site in precut, but unassembled form. From there, laborers can erect the house quickly and efficiently. Mass production techniques eliminate the costly and time-consuming step of measuring and cutting lumber at the site.

Some people, however, worry about whether a precut house will look "mass produced." Today, that's no problem. Most factory homes show excellent design planning; in addition, you can often have the manufacturer—or the local builder himself—modify the plans to incorporate some particular room changes or design variations of your own choosing.

A few factory houses, like this handsome 1,700-square-foot house, are a combination of precut and pre-built panel construction techniques. Here, the many material and design options enabled this homeowner to get a very personalized and attractive home.





The panelized house: a speedy solution

One assembly step up from precut homes, the panelized house comes complete from factory to site in ready-to-assemble wall and floor panels. Approximately 40 days after you've ordered the house, the completed panels are trucked to your lot. In about ten days, four men can finish the house.

Most panel-house builders offer a wide selection of styles and sizes; in addition, these builders will often make their architects available to you if you'd like minor variations in the original plans. As with precuts, factory building techniques help cut down the final cost of the panelized house.

The price of your house covers interior finishes, cabinetry, plumbing fixtures, and the cost of hooking up with utility lines; options include choice of appliances, carpeting, wood paneling, and similar extras.

This 1,700-square-foot house demonstrates the fine styling and functional floor planning that are possible with this type construction. Note the generous use of windows and the extra-high interior spaces. As you can see, a panelized house can be a better buy—both design and budget wise—than the traditional builder's subdivision house.





Photographs: Fred Lyon. Source: Barbara Cathcart





The modular house: it has to be tough

One of the slow-to-die myths about factory-built houses is that they're shoddily constructed. Actually, factory houses are among the sturdiest homes ever built. They have to be to take the transportation strains between factory and your site.

A modular house is built in several room sections, or modules, and then fitted together at your lot to form the completed house. The modules are designed with extra strength to withstand the bumps and swerves of a highway trip, and the additional strain of being lifted off the truck onto the foundation by a crane.

Three days or less after delivery to your lot, the house should be ready to move into. The time shaved off normal construction length can save up to ten percent on the cost of a conventionally built home.

And there are more advantages. Modulars are readily adaptable to variations you might want in the floor plan, finishing details, or even in the fixtures and hardware supplied.

But what about that "boxy, factory-look?" Well, as the contemporary styling of this 1,100-square-foot modular house illustrates, that's just another big myth.



Photographs: Ernest Braun.
Architects: Fisher-Jackson Associates
Source: Helen Heitkamp

Photographer: [illegible] Architects: Johnson, Eastman, and Charleston, A.I.A. Source: Dorothy Campbell





The tract house: it needn't be trite

Although many new subdivision houses still suffer from a "peas-in-a-pod" sameness, you can find some exceptions.

Search out a developer who offers something better than the same tired split-entry, ranch, and multi-level designs we've all seen too much of already. And don't cross off a new development area just because its houses are set row on row; many communities have not yet adopted progressive land-use techniques, so the builder is stuck with the familiar grid-like siting patterns.

The good builder, however, will overcome the tract house look by offering you unique home designs, good landscaping arrangements, and other amenities that contribute to looks and livability. Chances are good that he'll also make plan or design changes to fit the house to your family's wants and needs.

As the 2,137-square-foot house shown above demonstrates, a tract house today doesn't have to be a synonym for sameness. Of course, the look-alike tract houses are still around. Unfortunately, consumer acceptance of mediocre, look-alike houses only perpetuates them. So avoid them if you can; instead, look to other housing alternatives.



Photographs: Fred Lyon, Architect: Robert S. Oman — A.I.A. Source: Barbara Cathcart



Land-plan houses: quality all around

How would you like to live in a development where houses are sited for maximum privacy and minimum lawn care, where parks are only minutes away, where utility lines are underground and streets are dead-end drives, and, best of all, where the houses are both distinctive in design and inexpensive?

That's what it's like in the new housing developments where land-saving systems are being used. These planned unit developments contain many types of homes, such as town houses, cluster, patio, and paseo homes. But the basic planning objective in all of them is the same—to get better living on less land.

Because houses are sited closer together than in the average subdivision, achieving privacy becomes especially important. Builders therefore give seclusion top priority in their house designs and siting patterns. Privacy fences, trees, and shrubbery are also used to minimize an open view between one home and another.

What sets the land-plan house apart from the other alternatives we've shown is that it offers a quality home *and* a well-planned neighborhood, all in the same package.



Mobile homes: now a real alternative

At one time or another, you've probably flirted with the thought of buying a mobile home, but maybe you vetoed the idea because of its box-on-wheels look and small living space. It's time to take another look!

No longer designed to roam the highways in search of a place to park, today's mobile homes are now as permanent, functional, and sharp as any medium-size house you've ever seen. Actually, the term "mobile" no longer fits. The home pictured here, for example, was built at a factory in two 12-foot-wide modules, towed to the site by trucks, then bolted together. This process is really a combination of mobile home transportation methods and the modular building techniques. Accordingly, the common term now used for these houses is mobile/modular.

In addition to offering the standard options of appliances, trim detail, and paint choices, mobile manufacturers now provide floor plans fit to your family's needs, roof and siding choices, optional decks and patios to mention just a sampling.

The 1,400-square-foot house shown here, for instance, features generous rooms, cathedral ceilings, and large window areas.







Photographs: William Morris, Architect: William J. Petchler. Source: Ruth Martin

A family room addition for indoor/ outdoor fun

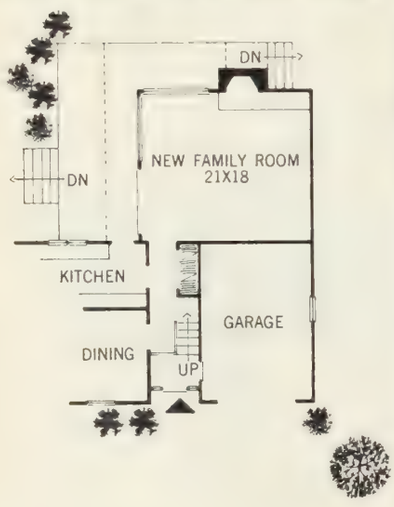




Adding a family room to the rear of this house started by enclosing the breezeway between garage and house. The former breezeway now serves as the new main entry. It opens up into a tiled hall, with stairs leading up to the existing house level (arrow in floor plan shows direction picture was taken). The old entry remains as is, but plans are to close it off for window space later.

The new entry also yields extra storage space in two places: a small cabinet alongside the stairs and a floor-to-ceiling closet in the hall. At the end of the hall, a 21x18-foot family room provides a surprising panoramic view. Full-length windows and sliding glass doors fill the room with light even on cloudy days. An L-shaped deck wraps around the addition, and a nearby patio extends the outdoor living area even more. With the open room and deck, the outdoors is almost a part of the house.













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A new tax break on child-care costs

At the end of this tax year you may be able to deduct as much as $4,800 for child-care expenses. It's a far cry from the $900-a-year maximum deduction formerly allowed widows, or married couples with a total income of not more than $6,000.

The purpose of the new tax law is to allow more men and women to become gainfully employed. One of the obvious target beneficiaries is the woman who brings a second income into the household. Until now the nondeductible cost of carfare, lunch money, clothing, and, above all, child care often made it unprofitable for mothers to seek outside employment. But this is no longer the case.

The important thing is to start keeping records now. The new law went into effect on January 1, 1972, and couples making $18,000 or less have a real tax break. (Even if your income *exceeds* $18,000, you may still be entitled to a reduced child-care deduction.) Rules limiting deductions have been relaxed to include more care costs—and for a greater number of dependents. You may be able to deduct as much as $400 a month.

However, if you claim child-care deductions, you may not claim the standard deduction. And married couples (unless separated and meeting certain tests) must file jointly in order to qualify.

Who is eligible?

Working women who are heads of households, fathers raising children alone, many married couples and other taxpayers maintaining a household are eligible for these new tax benefits. Care costs of dependents less than 15 years old and dependent adults (including your spouse) who are physically or mentally incapable of caring for themselves are deductible if they are members of your household. This means you can deduct the cost of a sitter hired to care for one or more children, or for an incapacitated grandparent living with you—as long as this frees you to earn money yourself. Volunteer work doesn't count.

What can you deduct?

If you want to go to work, you can hire and deduct the wages of a maid, nursemaid, sitter, mother's helper, or companion *who comes to your home.* You cannot deduct the same wages paid so you can go shopping or to the movies. And you cannot deduct luxury wages paid a gardener, chauffeur, or a bartender. Also, a close relative, such as mother-in-law or grandmother, does not qualify, even if you pay her. You may, however, deduct the wages of a housekeeper whose duties include many things other than child care, and even the cost of a laundress, cleaning women, or possibly a cook.

What about care outside the home?

The dependent must be under 15. The cost of day care, a private nursery school or kindergarten, a day camp, after-school play group, and baby-sitter in another home is deductible; the cost of private school from first grade is not.

How much can you deduct?

The total maximum monthly deduction you may claim is $400 for dependent care, either inside or outside your home. For one child, you may claim $400 for care inside your home, or $200 for care outside. For two children, you may claim $400 for care inside your home, or $300 for care outside. For three or more children, the maximum is $400, either in or outside your home. For an incapacitated dependent or spouse, you may claim $400 for care inside only. The deduction may be reduced if the adult dependent receives gross income or disability payments even if these are nontaxable. Since these rules are somewhat complex, contact your tax advisor or IRS for help.

Can you split and combine deductions?

Yes, provided each deduction doesn't exceed its monthly limit and the total doesn't exceed $400. For example, you may deduct $200 for a maid inside the home and $200 for a child-care center. Or, you may deduct $100 for kindergarten, $100 for a mother's helper, and $100 for your aged father's nurse.

You cannot, however, divvy up the yearly cost of dependent care to create a monthly average. Each month is separate. If you spend $700 in March and $100 in April, you may not claim $400 for March, $400 for April. You must claim $400 and $100.

What about part-time work?

Unless the dependent is your disabled husband or wife, both of you are required to work *"substantially full time"* (three-quarters or more of the normal work period) to qualify. If you work "substantially" full time part of the year and part time for the rest, you may claim care cost deductions only for the months when you work nearly or completely full time.

What if you earn more than $18,000?

For every $2 by which your adjusted gross income exceeds $18,000, your deduction is reduced by $1. To figure your deduction, subtract $18,000 from your income, divide the answer in half, and subtract this answer from what you'd expect to deduct if your income were $18,000 or less. The remainder is your deduction. Say your adjusted gross income is $24,000. If you pay $4,800 for dependent care, you may deduct only $1,800. If you earn over $27,600, you are not eligible at all.

What if you're divorced or separated?

When the wife has custody of the children but the husband contributes more than half their support, the working mother will lose any child-care deduction if she is not entitled to claim the children as dependents. And the husband can't claim child-care deduction either, since the children don't live in his household. If you find yourself in this position, consult the attorney who drew up your separation or divorce agreements.

How to cut insurance rates for young drivers

Once your teen-ager gets behind the wheel, your auto insurance rates go up dramatically. There's just no escaping this fact. Quite simply, drivers between the ages of 16 and 24 (some companies say 25) are involved in more accidents, and insurance companies must spread the costs accordingly. However, there are a number of ways you may be able to lessen this premium hike on your family car policy—or to cut down the costs of your youngster's policy if he has his own car.

Most important, be sure to notify your insurance agent as soon as your child gets his license. You may not be covered for him otherwise. At that time, ask the agent if you are eligible for any of the following cost-relief measures. Also check with him from time to time in case your situation has changed. And be sure to hang on to pertinent records for reference at renewal time.

Driver training discounts

Graduates of driver training courses may earn a discount in any state. The exact percentage of the premium discount depends on the age and sex of the driver. Some states say the driver must be under 21 when he or she earns the credit; others allow up to age 24. The course must be given by someone accredited by the State Department of Education, and it usually must include at least 30 hours of classroom instruction plus six hours of driving instruction.

To get the discount, show a copy or photocopy of your youngster's certificate of course completion to your insurance broker. If the certificate does not indicate the exact number of course hours both in the classroom and behind the wheel, have the instructor add this information. This record also will help ensure speedy renewal at the reduced rates.

Good student discount

In some states you're allowed as much as a 25 percent discount on the premium

Continued


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15¢

SL268-2

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STORE COUPON



STORE COUPON

To Grocer: This coupon is redeemable for 15¢ (plus 3¢ handling) through Carnation salesmen, or if mailed to CARNATION COUPONS, Box 171, Pico Rivera, California 90660, provided it has been used for the purchase of either 3 cans of liquid Slender or one box of instant Slender, or one box of New Slender Pudding, in accordance with this offer. Any other use constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Void if use is prohibited, taxed, or otherwise restricted by law. Limit one coupon per family. Cash value 1/20 of 1¢. Slender® diet food for weight control, Carnation Company, Los Angeles, California.

SL268-2

15¢

Young drivers insurance

Continued

increase if your son is between ages 16 and 24 and has a B or better average in school. (Since rates for young women are substantially less than those for young men to begin with, this discount usually does not apply for females, or sometimes not after they reach 21 years of age.

The reason for the good student discount is that statistics show that students with a B or better average have fewer accidents. Some companies think that's because good students spend more time studying and less time driving. Others feel that good students are more mature in their attitudes.

In the states that have approved the good student discount, you can get the application form with your policy renewal papers. Have a school official complete the application. If for some reason you cannot get it filled out, a report card or grade transcript will be equally acceptable. Make sure your child realizes that you'll lose the discount if his grades drop over the period of time specified by the particular policy.

Safe driver discount

Your youngster is eligible for up to a 20 percent safe driver discount on his own policy if he has driven for at least three years, has a good record, and is under a merit-rating plan. If he is covered by your policy and you are in the preferred driver program, he must have a clean record in order for you to keep the good-driver discount. Any traffic violations and convictions can result in the loss of the discount and an increase in the cost of the premium.

There also are specific situations where young-driver insurance won't cost so much:

1. *School away from home.* You pay a smaller premium if your child goes to a school at least 100 miles away from home and doesn't take a car with him.

2. *Marriage.* Your son won't be covered by your policy, since he is no longer a member of your household. However, when he is principal driver of his own car, getting married could reduce his premiums, and he still will be covered when he drives your car on visits to your home.

3. *Armed forces.* A member of the armed forces can be removed from the family policy for rating purposes. Your son must be assigned duty some distance from home, but he may use the family car when he is home on leave and will be covered for short periods of time without charge.

4. *Use of the car.* How a car is used can affect rates on any vehicle, no matter how old the driver. However, since your young driver can be the cause of a considerable rate increase, think carefully about how he'll use the car. For instance, rates will be lower if he drives only for pleasure. That means he does not take it to school or work on a regular basis. Also, the rate hike won't be so much if your youngster is not the principal driver of the car—in other words, the person in the household who drives the car most. (If he owns his own car, he is automatically considered its principal driver.)

5. *Kind of car.* Again, these restrictions apply to drivers of any age, but they're especially important to youngsters who may be enamoured of the "go-go" kind of car. Quite simply, insurance companies charge higher rates for "hot cars" or "muscle cars" because accidents happen more often with such vehicles. Company definitions of such cars vary. A typical standard is a car in which the weight-to-horsepower ratio is less than 11. A "hot" car generally can be described as one that will go from zero to 60 miles per hour in ten seconds or less. With such a car, no matter what your age, you could be required to pay a 25 percent surcharge on top of your normal premium. Some companies charge up to 50 percent extra for "hot" cars. Charges also are higher for large cars.

6. *Care of car.* If you keep your car in a garage instead of outside, you lessen the chances of theft or property damages. Your premiums may not drop, but your chances of getting coverage increase.

7. *Higher deductibles.* The simple principle here is that, the higher the deductible you agree to absorb on collision or comprehensive (fire or theft) insurance, the less your premium costs. On old cars whose actual value isn't much, you might eliminate collision coverage.

An important warning to new drivers, and a reminder to old: You may lose your insurance altogether if you lose your license because of a drunken driving conviction. Even if the conviction does not deprive you of your license, the insurance company may take that record into account at renewal time and possibly refuse renewal. Also, any conviction for possession of drugs may jeopardize renewal of your insurance. ■

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Put up your coffee.



GENERAL FOODS

Gerald M. Knox,
Education Editor

PARENTS & SCHOOLS

some exciting new partnerships

In most school districts, a wall of suspicion and vaguely defined hostility separates the schools and the communities they serve. Sometimes this hostility erupts into open conflict or simmers under the guise of general community apathy. Yet in many cities and towns the barriers are being knocked down. And as the walls tumble, new and vigorous partnerships are established. Teachers teach more effectively. Parents understand children better. Students make more progress. Communication between school and home is more open. Citizens support the schools more vigorously. The community as a whole—and it could be your community—is enriched.

In Philadelphia, a high school is now operating without a building. All classes for the Parkway Program are taught in established community buildings. Literature is studied at the public library. Journalism is taught at the newspaper plant. Vocational courses are taught in industrial plants. Instruction is provided by certified staff and by community specialists.

A similar program has now been developed by the Metropolitan Studies High School in Chicago. And suburban examples also have been developed. In Philadelphia, for example, four separate suburban school districts have joined together to form the Alternate High School. Some high schools have their own buildings but still make extensive use of community resources for teaching and learning stations, such as John Adams High School in Portland, Oregon.

Flint, Michigan, keeps the schools open 24 hours each day. School buildings have become community centers. They are used for educational, recreational, and social purposes. As neighbors talk over the back fence, an idea is born for a program in weight control or ceramics. The school is called, and the program is started. With the help of the Mott and the Sears Foundations, community schools are being implemented in many other communities.

In Newark, California, parent groups have designed schools, have helped to select school principals, and have studied educational innovations. At the Muller Elementary School, parents have developed an educational program for Title I children. These are children who come from low-income families. The parents not only helped create the program, they also assist as aides to see that the program is carried out.

People have volunteered their time in such varied and manifold ways that, in fact, many schools would now be handicapped without their help. Some volunteers read stories to children while others administer tests to individuals or to groups. Some parents schedule assemblies, provide exhibits, supervise buses, and arrange field trips. Others help in learning centers, in offices, in libraries, in cafeterias, and on playgrounds. Hundreds of mothers and fathers supervise during the lunch hour. Many do typing, direct plays, present travelogues, and help in a variety of other ways. The tasks they do and the services they provide actually approach Herculean proportions. Each day thousands of volunteers in hundreds of communities form new partnerships in novel ways with their schools.

What's the first step?

To establish effective community-school partnerships, some old and persistent myths must first be buried. One is that teachers don't want parents involved in classroom activities. Another is that parents can't or shouldn't teach. One myth states that pupils learn only in school buildings. A long-standing misconception is that parents no longer appreciate having teachers make home visits. Another is that schools don't need or want community help. Supporting these myths are the complicated systems of certification which separate teachers from parents.

The truth of the matter is that most teachers need and want citizens to assist in the classrooms. Many parents do make good teacher aides. They do relate well to children. And boys and girls respond well to parents in classrooms. Having help from the community makes it possible for teachers to spend more time with each pupil. Help makes it possible for them to individualize learning. The presence of more adults in classrooms personalizes the learning process. As one sixth grader recently said, "Now that we have an aide, my teacher talks with me."

Most teachers are now welcoming parents to the classrooms, and they are saying so in school district after school district. And communities are responding by providing volunteers, community advisories, community learning areas, study groups, fine arts councils, cooperative evaluation, community museums, scholarships, and community emotional support.

Here are more uncommon things that have been done. And they can be done in most communities.

- An effective home visitation program has been developed in Hazel Park, Michigan. Teachers visit all parents in the district. As a result, both are gaining a new understanding and respect for each other.

n Amsterdam, New York, fathers are enticed into Bacon Ele-ntary School with regular early-morning breakfast programs. S:h meetings open up communications with men who seldom end formal PTA meetings. The school district has also estab-ed a community museum to preserve local history and to en-n the learning experiences of students.

In School District 59 in Elk Grove Township, Illinois, parents ve formed a parents' fine arts council to provide guest lectures m community artists, musicians, poets, writers, scientists, ppeteers, and artisans of all kinds. The district also has formed rtnerships with the park district, the parents of special educa-n children, and nearby colleges and universities.

In New Rochelle, New York, community resources provide rning areas, help in curriculum development, assist in pro-sal writing, and provide a host of other services. The district s recently given a grant to study the educational voucher sys-n that would allow parents to select the school that their ldren would attend.

n a large number of communities, the "Golden Pass" program s been especially effective. Under this plan, each senior citi-n is given a pass that allows him to attend school events free charge. This permits older persons to become involved in hool activities, and helps the schools gain support for tax and nd elections.

In Oakland, California, a fathers' club has been established help with the discipline of the school and to assist the prin-al with public relations. As a result, both students and par-ts support and use the school more.

In many communities, "artists in residence" programs have en established. Every community has capable teachers in ad-ion to the certified, paid staff employed by the school. These rsons have an interest in and a desire to help the schools. Rare-are they asked to do so. To utilize this largely untapped re-urce, a musician, an artist, a writer, a poet, or a specialist in y field agrees to spend from one day to several weeks at a hool as the "artist in residence." While in residence, he lec-es, demonstrates, provides assistance to the classroom teach-s, and explains his creative process.

These programs enable professional teachers and laymen to rk together quietly and effectively to improve education. In process, teachers learn more about the children they teach, d parents have greater appreciation for the work that teachers . Communication between the home and the school is more en, more genuine, and more effective.

here do children fit in?

e most important by-product of these programs, however, is motivating effect they have on children. The community-hool partnership "turns them on." When teachers and parents rk together, children believe that education is important. If rents devote time, energy, and effort to schools, children are luenced to give priority to learning. If mothers and fathers do re than attend PTA meetings, their children unquestionably ve greater desire to do well in school.

Education is a partnership in many ways. It's clearly a part-rship between teacher and student. But it's also a partnership tween schools and the communities they serve. For too long s been glibly stated that communities need good schools. Good hools protect property values and attract business and industry. od schools are an economic asset. Good schools contribute to mmunity stability.

Now it's time to consider that the reverse is also true. Schools nt and need responsive communities. Schools need assistance solving school problems. Schools need learning areas outside school buildings. And schools need many volunteers. They ed tutors, monitors, aides, teacher assistants, supervisors, room others, lecturers, specialists, curriculum planners, and artists--residence. Help is needed in instruction, in long-range plan-ng, in decision-making, and in evaluating the work of the hool. Community advisories are needed to help find creative lutions to an infinite number of school problems.

The tasks heaped upon schools today are so comprehensive at they have become community tasks, demanding community tion. That, in the end, means action by you. ■

Community-school partnership programs you can help or start

Visit your school today and talk to teachers and principals. Ask them if they could use volunteer help on some specific project. If the answer is yes, and no volunteer program already exists, you should, on the spot, appoint yourself temporary chairman of a Citizens' Committee for School Partnership Programs. Call a few friends and explain the school's need and what you have in mind. Should they seem interested, ask them to call a couple of friends, with the suggestion that these friends of friends also call friends. If all goes well, you'll have a sizable list of interested persons in short order. Then call a meeting, invite a representative from the school, hold elections, and plan your program.

You should be forewarned, however, that the job of bringing the community into the schools isn't always easy. Quite often teachers are afraid their professional "standards" may be threatened by laymen coming into the classroom. Superintendents and principals are often wary of enthusiastic citizens with noble ideas but little demonstrated will to translate these thoughts into programs, get them started, and keep them going. And parents, too, are often reluctant to "meddle" in the work of the schools. But the potential benefits are clearly worth the trouble you might encounter.

Any one of the following successful community-school partnership programs—or one mentioned in the companion article—can become a model for your own efforts. For more information, write in care of the superintendent of the school district or the principal of the school cited.

Assessment conferences

Many schools are now abandoning the formal report card system and adopting face-to-face conferences as a way to inform parents about student achievement. Conference time is usually selected by the parents. When parents cannot come to school, teachers make home visits. Conferences are scheduled throughout the year at the convenience of parents. In some districts, the children stay home while their parents go to school for assessment conferences. In other districts, conferences are held with the children present. Report cards usually are provided to any parents desiring them, and home visits typically are planned for parents who cannot come to school.

Under such programs, parents are invited to visit school to make informal visits to the classrooms, and to talk with teachers as often as possible. Assessment of pupil progress is continuous, systematic, and cooperative. Both parents and teachers contribute to the evaluation of learning. A good example of teacher-parent conference program is at Bacon Elementary School in Amsterdam, New York 12010.

Community advisories

The use of community advisories is a widespread practice. The school board appoints groups of citizens to assist the board of education in making decisions. Community advisories assist in designing schools, selecting school sites, screening administrative officers, assessing community attitudes, developing long-range plans, making financial projections, establishing priorities, developing philosophy and goals. It's important that such committees, or councils as they are usually called, be representative, have a specific goal, and be given support to conduct their work. They must also understand that they are *advisories* and not *policy-making groups*.

Community advisories can be used for evaluation of community attitudes, or can even assist with governing of the school district. They are usually purposeful, vigorous, and helpful in creating genuine community-school partnerships.

Tutorial programs

Many youngsters need one-to-one instruction. Hundreds of individuals now volunteer their time to tutor children who need special help. Housewives, older students, senior citizens, college students, or anyone who has some time can be a tutor. Helping youngsters to learn is a rewarding experience for both the tutor and the learner.

Tutorial programs are easy to establish. All that's needed is a group of volunteers willing to work with children on a one-to-one basis. With a little training, such volunteers make excellent tutors. Help in establishing a tutorial program can be obtained from School Management Study Group, 4674 Richmond Ave., Fremont, California 94536.

Continued on page 142



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Maybe that's why more dentists recommend it for brushing dentures than all other brands of toothpaste combined.*

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First aid for flood-damaged homes

If you were able to begin repairing your home within hours or even days after the flood, you're among the lucky ones. Left untreated more than a week, water damage to furniture, mechanical equipment, and your house itself is difficult, if not impossible, to reverse. But there are steps you can take to minimize the harm done. Check these property-salvaging tips before you begin any major repairs or replacements.

Floors. Wood floors that were under water for two or three days may be so warped that repair is impractical. Boards that have a twisted warp cannot be pulled straight. Floors that were under water for a shorter duration can usually be restored, but do not work on any floor until it is thoroughly dry. After hardwood floors dry, the swelling disappears, but it may leave ridges where two adjacent floor boards were pressed together. These ridges can be removed with a plane, and then the entire floor sanded smooth.

Oak floors stain when they become wet. You must sand these floors before you attempt to remove the stains. But sometimes stains add to the wood's beauty; simply applying a new finish may be desirable. To bleach stains, add oxalic acid powder to boiling water until no more powder can be dissolved; then mop this hot solution on the floor and allow to dry. Be careful when you sweep up the white dust that remains as it is very irritating to the eyes.

Resilient floors are not normally damaged by short submergence if they were properly installed. Most of the damage would be confined to the base, over which the floors were placed. If plywood was used as the underlayment, water could cause the veneer sheets to separate. In this case, the entire floor must be rebuilt. Where tiles have become loose at corners, they should be removed by heating and then re-cemented with the proper adhesive. Be careful not to get the tiles too hot.

Walls. Interior walls made of gypsum board will withstand wetting without damage other than to the finish. They may be painted or papered as soon as they are completely dry. Plaster walls are a different story, as the bonding material is destroyed by long or frequent wetting. Even though the walls may appear to be in reasonably good condition, the surface of the plaster will powder, and paint or wallpaper will eventually fall off. Before deciding to replaster, consider this procedure: obtain fresh, four-pound wood-white shellac. Thin this with an equal amount of denatured alcohol and apply it generously to the walls. The shellac will soak into the plaster to form a binder. How long this treatment lasts can't be predicted, but it will postpone the day the plaster must be replaced.

Insulated exterior walls that have been under water present a serious problem. Rock wool insulation, used in most older homes, will settle to the bottom of the wall cavity as a soggy mass that will remain wet for months. Glass fiber insulation does not settle, but it does retain moisture. Rock wool must be removed even though this may mean removing the siding or opening holes in masonry walls. Openings should also be made in walls to allow glass fiber insulation to dry. Plywood paneling that has been under water can't be salvaged.

Electrical. Wall switches and outlets should be opened for drying and cleaning. Remove these devices from the outlet boxes and disconnect all wires. The metal used for the working parts of switches and receptacles does not rust. Usually, they can be washed, dried, and replaced.

Furniture. There is little hope for restoring upholstered furniture and mattresses at reasonable cost. Even in the unlikely event that the upholstery can be successfully cleaned and dried, a mildew odor may remain. Mildewcide, a powder packaged in small cloth bags, can be placed on the offending furniture and then covered with a blanket. The powder releases a gas that destroys mildew and its odor.

Older veneered furniture is made with a non-waterproof glue. If the veneer has separated, repair is not practical. Glue joints, however, can be repaired with a new application of wood glue. Should you decide to do your own refinishing, you must remove the old finish down to the bare wood, using a chemical varnish remover. After thorough sanding, apply a gloss or semi-gloss urethane varnish.

One final caution: Regrettably, it's not uncommon in flood-stricken areas to find outsiders who seek to profit from disaster. Before you contract for any repair or replacement work, be absolutely certain of the people you're dealing with. If you need help in certifying a contractor's reputation, check with your city officials or the Red Cross.

The answers to some questions frequently asked by our sponsors

If you are considering sponsoring a child through the Christian Children's Fund, certain questions may occur to you. Perhaps you will find them answered here.

Q. What information will I receive about the child I sponsor?
A. About two weeks after you become a sponsor, you will receive a photograph of your child, case history, and a description of the home or project where your child is receiving help. You will also receive progress reports, and any additional information you may wish to request.

Q. May I indicate the country, age, and sex of child I wish to sponsor?
A. Yes, we try to fulfill all requests, but as you can imagine, sometimes this is difficult. Many sponsors allow us to select a child for them from our emergency list.

Q. Does my $12 provide total support for my child?
A. In places like India, and other countries of extreme poverty, yes. However, many homes receive additional support in the form of contributions and special gifts.

Q. Can I write directly to my child, and will I receive an answer?
A. Yes, to both questions. When you become a sponsor you receive your child's mailing address. You can write to your child, and the answer will be translated by our staff overseas. (Many sponsors save the foreign stamps they receive!)

Q. When will I first hear from my child?
A. Just a few weeks after you become a sponsor, your child will write to you.

Q. Why the "Christian" in Christian Children's Fund?
A. Because we are an organization staffed by Christian people who are committed to the task of giving children a chance to grow up in an atmosphere of love.

Q. How do I make my sponsorship payments?
A. You may send your check monthly or annually. You will receive a receipt, along with an identification card and envelope for use when you make your next gift. Your contributions are tax deductible.

Q. Is CCF independent or church operated?
A. Independent. CCF is incorporated as a non-profit organization, with a Board of Directors who meet quarterly. We work closely with missionaries of 41 denominations. No child is refused entrance to a Home because of creed; or race.

Q. When was CCF started, and how large is it now?
A. 1938 was the beginning, with one orphanage in China. Today, over 100,000 children are being assisted in 55 countries. However, we are not interested in being "big." Rather, our job is to be a bridge between the American sponsor, and the child being helped overseas.

Q. What benefits do the children receive from my help?
A. In general, children receive food, clothing, shelter, medical care, education, school supplies—and love. You will receive detailed information according to the country where your child lives and the type of project.

Q. How can I be sure that the money I give actually reaches the child?
A. CCF keeps close check on all children through field offices, supervisors and caseworkers. Homes and projects are inspected by our staff. Each home is required to submit an annual audited statement.

Q. How long does a sponsorship last?
A. A sponsorship should be for at least one year. But of course, we realize financial conditions can change suddenly, and so you are free to cancel at any time. A sponsorship may be carried for as long as a person wishes.

Q. May I sponsor a child for less than $12 a month, and still receive the child's name, address and picture?
A. We cannot accept sponsorship for less than $12 a month, but you can become one of our contributors. Your gifts—large or small—will help repair buildings, or provide emergency medical care, or buy milk for abandoned babies, or help care for unsponsored children. You will be kept informed of the needs through CCF WORLD NEWS.

Q. May two people share a sponsorship?
A. Yes, and please give both names and addresses of persons sharing the expense of a sponsorship.

Q. May groups sponsor a child?
A. Yes, church classes, office workers, civic clubs, schools and other groups. We ask that one person serve as correspondent for a group.

Q. Are all the children orphans?
A. No. Although many of our children are orphans, youngsters are helped primarily on the basis of need. Some have one living parent unable to care for the child properly. Others come to us because of abandonment, broken homes, parents unwilling to assume responsibility, or serious illness of one or both parents.

Q. Where do the children live who are being sponsored?
A. Youngsters who receive your help live in orphanages, homes for abandoned babies, schools for the blind, hospitals, nursing homes, day care nurseries, vocational training centers, and many other types of projects.

Q. How long do the children remain in the Homes?
A. This depends on the country, but usually the children stay in the Homes until they are 18. We do everything possible to see that they are equipped to make an adequate living before they go out on their own.

Q. How old are the children in the orphanages?
A. They range from infants through teen-agers.

Q. Is it possible for sponsors to eventually legally adopt the child they sponsor?
A. Many people want to take these needy children into their homes, but the majority of them cannot be legally adopted. In all cases it is necessary for the U. S. Immigration and State Welfare authorities to approve legal adoptions. CCF does not handle legal adoptions.

Q. May I visit my child?
A. Yes. Our Homes around the world are delighted to have sponsors visit them. Please inform the superintendent in advance of your scheduled arrival.

Q. Can my child visit me?
A. This decision must be left entirely with the superintendent. If allowed, all traveling expenses and responsibilities are assumed by the sponsor.

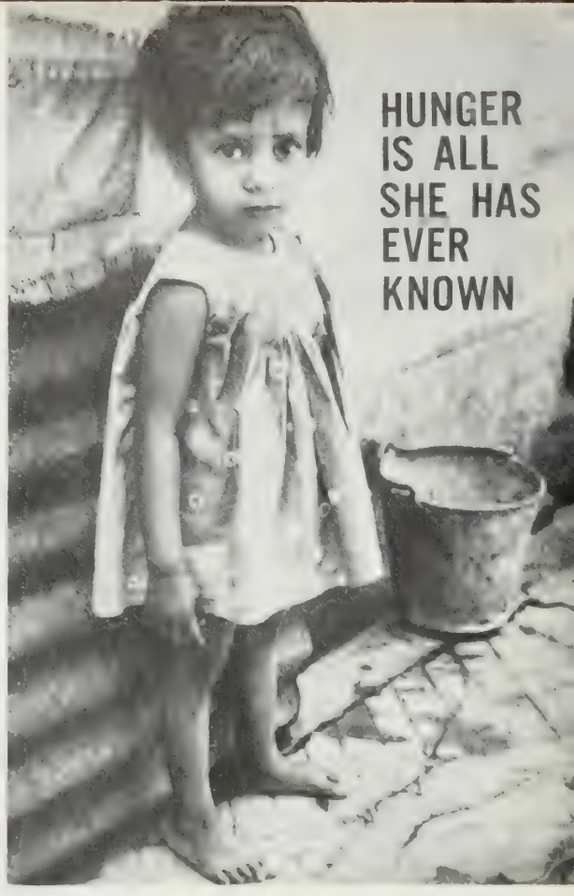
Q. Are my letters to the child censored?
A. Absolutely not. Your entire letter is given to the child along with a literal translation in the child's language.

Q. Which would you advise me to send? Packages or a money gift?
A. Money gifts save the cost of mailing a package and insure that the items you wish for your child will be the proper size. Also, goods purchased overseas generally cost less than similar items in the U. S.

Q. Should I always send a money gift through the Richmond Office?
A. Always! It would be extremely difficult for your child to cash a check or exchange currency. The total amount of your gift will be sent to the Home, along with your instructions for its use. This is a service provided for our sponsors, without any deduction for handling.

Q. Is CCF registered with any government agency?
A. Yes, CCF is registered with the U. S. State Department's Advisory Committee on Voluntary Foreign Aid, holding Registration No. 080.

Q. Where do I send my checks?
A. All contributions, whether sponsorship payments or money gifts for your child, should be sent to our Richmond Office and made payable to Christian Children's Fund.



Margaret was found in a back lane of Calcutta, lying in her doorway, unconscious from hunger. Inside, her mother had just died in childbirth.

You can see from the expression on Margaret's face that she doesn't understand why her mother can't get up, or why her father doesn't come home, or why the dull throb in her stomach won't go away.

What you can't see is that Margaret is dying of malnutrition. She has periods of fainting, her eyes are strangely glazed. Next will come a bloated stomach, falling hair, parched skin. And finally, death from malnutrition, a killer that claims 10,000 lives *every day*.

Meanwhile, in America we eat 4.66 pounds of food a day per person, then throw away enough garbage to feed a family of six in India. In fact, the average dog in America has a higher protein diet than Margaret!

If you were to suddenly join the ranks of 1½ billion people who are forever hungry, your next meal would be a bowl of rice, day after tomorrow a piece of fish the size of a silver dollar, later in the week more rice—maybe.

Hard-pressed by the natural disasters and phenomenal birth rate, the Indian government is valiantly trying to curb what Mahatma Gandhi called "The Eternal Compulsory Fast."

But Margaret's story can have a happy ending, because she has a CCF sponsor now. And for only $12 a month you can also sponsor a child like Margaret and help provide food, clothing, shelter—and love.

You will receive the child's picture, personal history, and the opportunity to exchange letters, Christmas cards —and priceless friendship.

Since 1938, American sponsors have found this to be an intimate, person-to-person way of sharing their blessings with youngsters around the world.

So won't you help? Today?

Sponsors urgently needed this month for children in: India, Brazil, Taiwan (Formosa), Mexico and Philippines. (Or let us select a child for you from our emergency list.)

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Box 26511, Richmond, Virginia 23261

I wish to sponsor a ☐ boy ☐ girl in
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☐ Choose a child who needs me most. I will pay $12 a month. I enclose my first payment of $_____. Send me child's name, story, address and picture. I cannot sponsor a child but want to give $_____. ☐ Please send me more information.

Name _____

Address _____

City _____

State _____ Zip _____

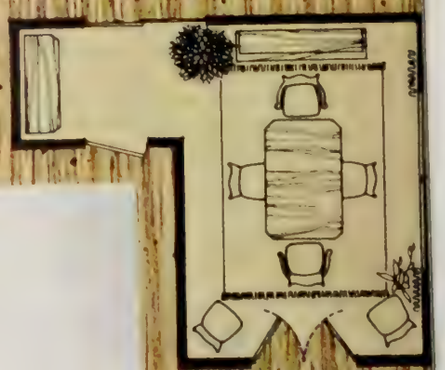
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We pay an unusual amount of attention to details, for this day and age. But the dining room is the heart of your home, and you don't skimp in matters of the heart.

We style it carefully, soundly, in contemporary, Mediterranean, early American, whatever pleases you best.

We proportion it with a sense of scale that gives a room or corner a feeling of space and freedom.



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Keller dining furniture is built by people who love their work and are proud to sign it.

We build it of wood, for wood is honest and wears well, like any good friend. Only the tabletop is specially laminated to guard against spills and burns.



KELLER

We want everybody to eat better.

After the flood: how to get financial help

One of the tragedies of a flood disaster is that regular homeowners and business insurance policies rarely protect you against losses caused by floods. The fact is, insurance companies just could not meet such sudden, widespread losses and still provide everyday insurance at reasonable rates. But the cost of getting your lives in order again can be backbreaking. Happily, there are several financial recourses available—especially in any locality declared a disaster area by the President.

Meeting mortgage payments. If your home has been damaged and your mortgage is FHA- or VA-insured, you may be able to take up to an 18-month grace period from the time of the disaster before you have to meet monthly payments again. The overall period of your loan is then extended by the number of months you delay payments now. If you have trouble, talk with the Department of Housing and Urban Development office in your immediate area.

Even if you don't have a government-backed mortgage, your needs may qualify you for a loan to meet mortgage payments. Or you may be able to obtain refinancing. Check with the Small Business Administration or the Farmers Home Administration (for rural communities). There are probably representatives on hand at your disaster center. If not, ask at your bank, or Red Cross Office, or look in the phone book. Your bank may make allowances, too.

Loans. Either the Small Business Administration or the Farmers Home Administration (depending upon your area) is authorized to help with low-cost loans. Rates are very low, and they may be lowered further by Congress by the time you read this article. (If they are, the rates will probably be retroactive for similar loans taken out earlier.)

The terms for personal dwellings from either agency are similar. One significant factor is the "forgiveness clause." In the case of a presidential declaration of disaster, these agencies may absolve you from repaying up to a maximum of $2,500 of the loan (or more, depending upon what Congress does). You must repay the first $500 and all amounts in excess of $3,000. Payments usually are monthly, and the length of the repayment period varies according to particular circumstances. Also check local banks for special low-interest loans.

Insurance. Unless you had special flood insurance, you're probably not covered for flood damage. Don't overlook possible exceptions, however. Say, for example, high winds during the storm blew a tree down and it made a hole in your roof. Water entered through the hole and caused damage. You may be able to collect. And don't forget any special policies you may have on specific items of personal property. If your car was damaged, your comprehensive insurance should cover the loss. The same goes for a mobile home which was insured under a regular auto policy.

Taxes. When insurance doesn't cover your losses, you probably can get some compensation on your income taxes. To take a "casualty loss," you can claim as a tax deduction any amount of damages—beyond $100—for which you have not been reimbursed by insurance or other sources.

Thanks to a recent change in the tax law, you have a chance to recoup some of your losses through taxes much sooner than was possible before. The new ruling governs losses that occur any place the President has named a "disaster area." The big change is that you may now file an amended return for 1971 to claim any losses resulting from such disasters that *took place within six months after* the close of the tax year.

Furthermore, the filing deadline for claiming disaster losses has been extended—probably well into the fall. To file an amended personal return, get Form 1040X from the IRS. When you make the claim, gather records showing the original value of your property, its fair market value after the disaster (pictures help), and so forth.

Note: If you take out a special loan that involves a "forgiveness" of any sum—say, $2,500—you must acknowledge the windfall on your tax return. There are two possibilities: (1) When you claim the loss on an amended 1971 return, you must report the $2,500 as income on your 1972 return; (2) If you claim the loss for 1972, you must consider the $2,500 as partial reimbursement for your loss, and subtract it from the amount of loss you claim. ■

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To most people Revere Ware is dreamware. To be owned and treasured some day as the ultimate in stainless steel cookware. Traditional copper bottoms spread heat evenly for even cooking. Durable stainless steel sparkles in beauty, cleans easily. Lids fit snugly. Knobs stay cool. And sturdy handle rings let you hang Revere Ware in all its glory. No need to wait. Revere Ware Copper Clad is priced to be owned now and lasts for years and years.



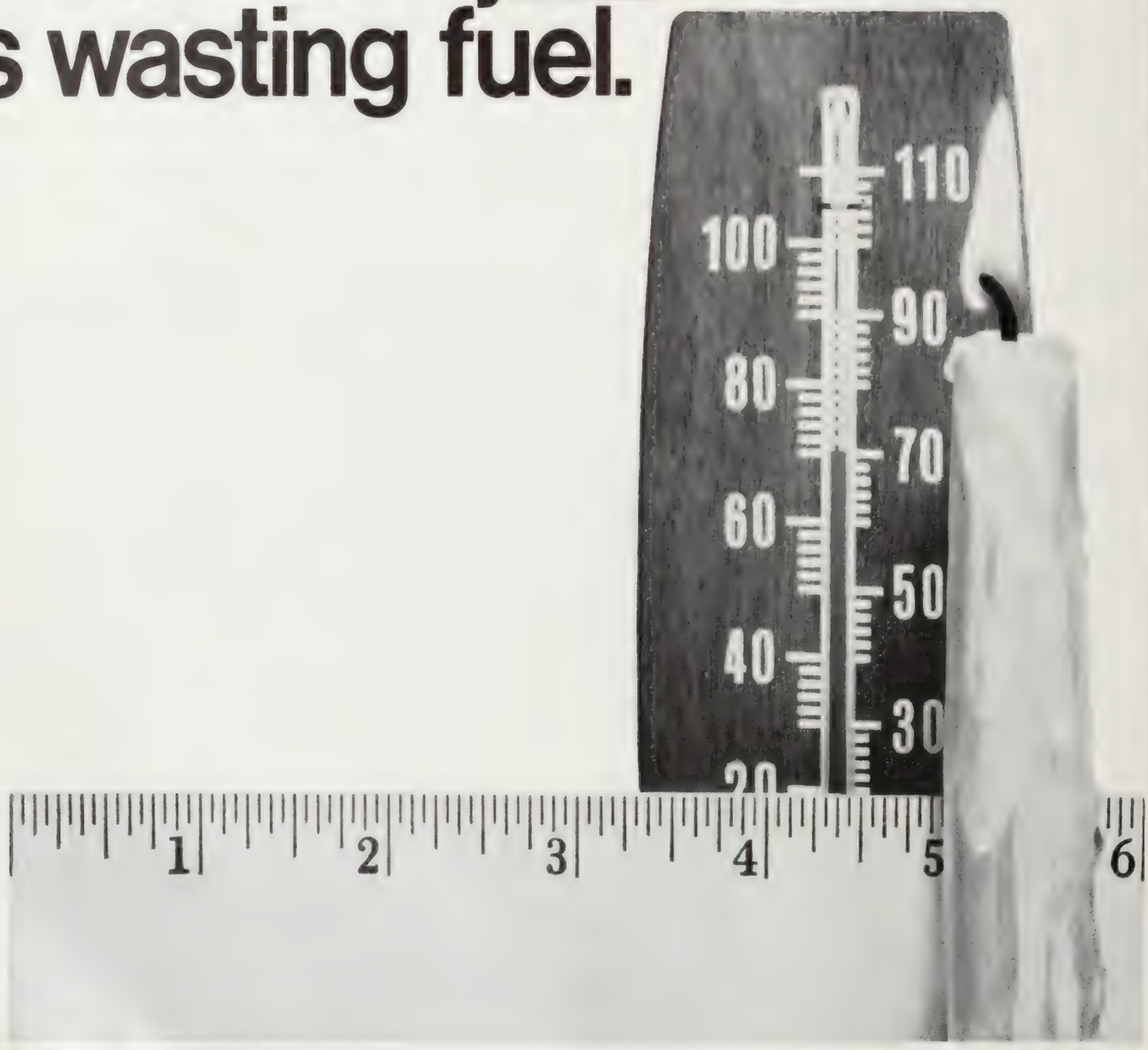
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Nine-piece, stainless steel, copper clad collection shown. Manufacturer's suggested retail $44.95.

With rising fuel costs, and the urgent need to conserve energy, here's how to find out if your home is wasting fuel.



A Presidential Committee has recently recommended that the Nation act now to conserve energy fuels. One of the best ways to do this is to make sure your home has *adequate insulation.*

In fact, if your home is more than 15 years old, it probably doesn't have adequate insulation and it may be wasting more than 45% of its fuel. Or costing almost twice as much as it should to keep your family comfortable.

If you're building a new home, you can nip this problem in the bud, by telling your builder to use Fiberglas*6″& 3″ insulation. That's 6″ of Fiberglas in ceilings and 3″ in walls. It helps stop fuel waste, and can cut heating/cooling costs as much as 30%.

In an existing home, it's easy to find out if you're wasting fuel, either because of poor insulation, or other reasons:

Start at the top.

Take a ruler up to your attic, and measure the insulation. If it's less than 6″ thick, you need more. Remember, heat rises. 6″ of Fiberglas insulation in ceilings helps stop heat from escaping through your roof—allows significant savings in fuel costs. In summer, it stops solar heat gain that forces air conditioners to run longer than necessary. And finally 6″ of Fiberglas insulation in ceilings will make your family feel a lot more comfortable year round.

Two thermometers let you double-check.

Place one thermometer against an outside wall and another thermometer in the center of the room. Leave them for 4 hours, then take readings. The thermometer on the outside wall should not be more than 5 degrees lower than the one in the middle of the room. If it is more than 5 degrees lower, it's another sign your home needs more insulation.

A candle can lead to additional savings.

You may be losing heat from openings in your home. Light a candle and hold it near the edges of windows and doors. If it flickers, you probably need caulking, weatherstripping, or storm windows and doors. They can cut your fuel costs by as much as 10%.

Check your furnace and filters.

Start the heating season right. Have furnace serviced. Change air filters once a month. Dirty filters make your furnace work harder and longer, wasting fuel. Owens-Corning recommends Fiberglas Dust Stop* filters. In six packs.

The dollars and sense of Fiberglas insulation.

Installing 6″ of Fiberglas in your attic isn't difficult or expensive. You can do it yourself in less than a weekend. Cost for an average home is about $100. If you're building a new home, the cost of 6″ & 3″ is less than 1% of the total construction cost. In both cases, fuel savings soon pay for the insulation cost.

How much *you* save with 6″ of Fiberglas insulation in ceilings depends, of course, on the size and location of your home. But it's easy to get a good idea:

Send for Computer Analysis of heating and cooling savings in your area, and new booklet on reducing fuel consumption.

We will send you a free copy of a very helpful new booklet, "7 Ways of Reducing Fuel Consumption in Household Heating . . . Through Energy Conservation" prepared by the National Bureau of Standards and the Office of the Assistant to the President for Consumer Affairs. You'll find it's full of suggestions on how you can save fuel and save money. *Reg. T.M. O.-C.F. Corp.

Owens-Corning Fiberglas Corporation
Attn: C. N. Meeks
Fiberglas Tower, Toledo, Ohio 43659

Please send me a computer analysis of heating and cooling savings in my area. Also the free booklet on fuel savings suggestions.

Name_____

Address_____

City_____ State_____ Zip_____
(essential)

Owens-Corning is Fiberglas

OWENS/CORNING FIBERGLAS

Why is Rosie pouring her Clorox® down the toilet?



Because it kills more germs than any other kind of household disinfectant.

Rosie knows that Clorox kills bacteria and viruses on *all* her bathroom fixtures. It also cleans and deodorizes. Just pour in ½ cup of Clorox. Swish solution over all the inside surfaces. Let it stand 10 minutes. Then flush. And be smart like Rosie. Do it at least once a week.
(CAUTION: Do not use ammonia or toilet bowl cleaner with chlorine bleach.)



CLOROX **It does more than the wash.**

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Sewing center in a closet

If you're meeting part of your family's wardrobe requirements with sew-it-yourself projects, this sewing center is made for you. Everything you'll need is right here—worktable, shelf space for yard goods, and lots of pattern storage pockets.

Made primarily with ¾-inch plywood, the closet measures 22x32x94 inches. The doors, inside panels, and closet backing are ¼-inch hardboard.

When not in use, the sewing table folds back into the cabinet. The table pivots on a metal bar near the door edge; a fold-down panel on the back wall keeps the table secure in the up position. The cabinet is finished with semigloss latex.



Photographs: Wood Under Designs and Doug Smith, A.I.D.



Better Homes and Gardens Project Plan No. 4209-2.
To order, please see page 151.



The Francesca Collection...



the Benchcraft Collection...



the Cabernet Collection...



...and the Mrs. Thea Hammer Collection. (All by Drexel.)

A lady who serves her pork chops topped with cheese sauce and meringue is not going to be conventional about anything.

Least of all her furniture.

Mrs. Thea Hammer romped through three of our collections to put together one of her own. And it didn't bother her a bit that she was mixing classic Italian with country French and American Shaker. She figured that all the things she liked would be able to live happily together. Which is why the Thea Hammer dream of a den is as unique and surprising as her dinners.

Thea found all she needed for her mix-and-match manner in the 27 different Drexel catalogs. (Which made her particularly happy, because she knew she could rely on the quality. One less thing to worry about!) But her eclectic approach to life may not be yours. You may prefer to stick to one style only, as a truer expression of you. So for you, we have a whole range of different collections, each comprehensive enough to furnish a whole room.

If you would like to see some of our styles, send $1 for a set of our booklets and room planning kit to Drexel Furniture, Dept. BH-9-72, Drexel, N.C. 28619. For the name of the Drexel dealer near you, call free 800-243-6000. In Connecticut call collect 800-942-0655.

Signed Furniture

by Drexel

HOME FASHIONS • DEBUT '72 • HOME FASHIONS

NEW dimensions in living

urnishings Company/U.S. Plywood-Champion Papers Inc. Furniture by Drexel, Heritage, Meadowcraft/Carpet by Trend/Lamps and Accessories by Drexel

Step by step to FREEZING FRUITS

Right now you take fresh fruit for granted—every day you can purchase dewy fresh berries, peaches, apricots, and plums. But when winter sets in, you'll be happy you captured their goodness and stored them in your freezer. Just follow our step-by-step suggestions for freezer preparation and storage. For freezing vegetables see page 122.

PROCEDURE FOR FREEZING FRUIT

1. Select fresh, ripe fruit. Remember freezing can only preserve quality, not improve it.

2. Consider how you will use frozen fruit, then choose the best way of packing:

Syrup Pack: retains texture and flavor well; good for desserts or chilled fruit in syrup.

Sugar Pack: has good texture and flavor; best to use for cooking since there is little liquid.

Unsweetened Pack: may yield a lower quality product than fruit packed in sugar or syrup; best used for cooking and ideal for special diets and caloric watchers.

3. For syrup-packed fruit, prepare the proper syrup (see chart); chill.

4. Wash fruit in cold water. Work with small quantities—enough for 2 or 3 quarts of frozen fruit at a time.

5. Prepare fruit for freezing according to the charts. Do not use galvanized cookware, iron utensils, or chipped enamelware in preparation.

6. Pack fruit tightly into moisture-vapor-proof containers. Fruit and syrup should be cold to speed freezing.

7. Leave the correct headspace for the type of pack and container you are using (see chart).

8. Place a small piece of foil atop the fruit in containers to keep it under the syrup or juice.

9. Seal containers using manufacturer's directions. For a good seal, the sealing edges should be free from any food and moisture.

10. Label containers with contents and date of packaging.

11. Freeze in small batches at 0° or below. Leave room for air to circulate between the packages being frozen.

CONTROL DARKENING OF FRUIT

For most fruit, a treatment with crystalline ascorbic acid (available at drugstores) is recommended. Or you can use a commercial product (available at grocery stores) that's made especially to prevent fruits from darkening. Follow the manufacturer's directions.

To add flavor as well as control darkening, you may also dip pears, peaches, apples, and other fruits in a variety of citrus juices. Try freshly squeezed lemon, orange, or grapefruit juice. It's the ascorbic acid in these fruits that controls darkening.

Continued on page 168

FREEZING FRUITS

Fruit	Syrup Pack	Sugar Pack
Apples	Wash, pare, and core. Add ½ teaspoon crystalline ascorbic acid per quart Medium Syrup (page 168). Slice apples into ½ cup cold syrup in container. Press down; cover with cold syrup. Leave headspace (page 168). Seal, label, and freeze	Wash, pare, core, and slice. Steam slices 1½ to 2 minutes. Cool in cold water; drain. Sprinkle ½ cup sugar over each quart of fruit. Stir gently. Pack tightly into containers, leaving headspace (page 168). Seal, label and freeze.
Applesauce		Wash; pare if desired, slice. Add ⅓ cup water per quart fruit. Cook till tender. Put through food mill if not pared. Cool. Add ¼ to ¾ cup sugar per quart sauce. Pack into containers, leaving headspace (page 168). Seal, label, and freeze.
Apricots	Wash, halve, and pit. Peel and slice if desired. If fruit is not peeled, cook in boiling water ½ minute. Cool in cold water; drain. Add ¾ teaspoon crystalline ascorbic acid to each quart Medium Syrup (page 168). Pack fruit tightly into containers. Cover with cold syrup, leaving headspace (page 168). Seal, label, and freeze.	Wash, halve, and pit. Peel and slice if desired. If not peeled, cook in boiling water ½ minute. Cool in cold water; drain. Dissolve ¼ teaspoon crystalline ascorbic acid in ¼ cup cold water; sprinkle over 1 quart apricots. Mix ½ cup sugar with each quart fruit; stir till dissolved. Pack into containers, pressing down till juice covers fruit. Leave headspace (page 168). Seal, label, and freeze.
Blueberries Elderberries Huckleberries	Wash; drain. Steam 1 minute; cool quickly. Pack into containers; cover with cold Medium Syrup (page 168). Leave headspace (page 168). Seal, label, and freeze.	
Cherries, sour	Stem, wash, drain, and pit. Pack into containers; cover with cold Very Heavy or Extra Heavy Syrup (page 168), depending on tartness of fruit. Leave headspace (page 168). Seal, label, and freeze.	Stem, wash, drain, and pit. To each quart fruit add ¾ cup sugar; mix till dissolved. Pack into containers, leaving headspace (page 168). Seal, label, and freeze.
Cherries, sweet	Stem, wash, drain, and pit if desired. Add ½ teaspoon crystalline ascorbic acid to each quart Medium Syrup (page 168). Pack fruit into containers; cover with cold syrup, leaving headspace (page 168) Seal, label, and freeze.	
Cranberries	Stem, wash, and drain. Pack in containers. Cover with cold Heavy Syrup (page 168). Leave headspace (page 168). Seal, label, freeze	
Melons	Halve, remove seeds, and peel. Cut into slices, cubes, or balls. Pack into containers. Cover with cold Thin Syrup (page 168), leaving headspace (page 168). Seal, label, freeze.	
Peaches	Wash, pit, and peel (for smooth look, don't scald). Add ½ teaspoon crystalline ascorbic acid per quart Medium Sryup (page 168). Slice peaches into ½ cup cold syrup in container or leave in halves. Press fruit down. Add syrup to cover, leaving headspace (page 168). Seal, label, and freeze.	Wash, pit, and peel (for smooth look, don't scald). Slice or leave in halves. Dissolve ¼ teaspoon crystalline ascorbic acid in ¼ cup cold water. Sprinkle over 1 quart fruit. Add ⅔ cup sugar; mix well. Pack into containers, leaving headspace (page 168). Seal, label, and freeze.

WISH-BONE®

FOR PEOPLE WHO REALLY LIKE SALADS.

People who love the natural goodness of fresh, crisp salad vegetables want only Wish-Bone.
Because Wish-Bone dressings are perfectly balanced and blended to make every flavor taste as bright and lively as nature's good greens themselves.
Wish-Bone. For people who really like salads.



MAKING THINGS NEW AGAIN

What to do when you want to change the scene at your house—without the expense and trauma of a major remodeling? You improvise, that's what—and we're here to help. On the following 16 pages you'll find good-as-gold ideas to refresh, rejuvenate, revitalize, RENEW your home on a shoestring.

Even though you can't afford all new furniture for your bedroom, you can make it live like new with today's rainbow assortment of sheets, towels, and colorful coordinates.

To ease the storage crunch in bedroom and bath, we supply five workshop projects—and for that finishing touch, a half-dozen easy handmades to stitch or staple. The has-been kitchen comes in for domestic renewal, too—at minimum expense. What's new for the gardener? Some great ways to recycle and multiply houseplants. The name of the game is RENEW—and everybody wins!



IDEAS TO BRIGHTEN BEDROOM AND BATH

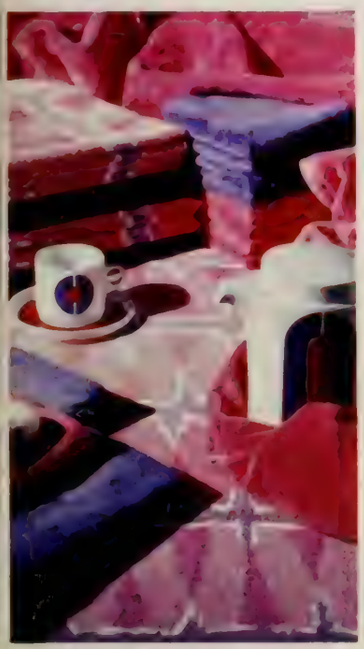
Today's rainbow array of sheets and towels can inspire all sorts of decorative schemes. And, the price range is varied too so you can transform your bedrooms and baths without spending a fortune. Take time to study all the different combinations—patterns are a very personal choice. Stripes can be a dizzy disaster or a soothing influence. Geometrics can be "right on" with your personality or start you counting cubes long after lights out.

The florals, geometrics, stripes, and solids shown here are all blends and permanent press. That simply means they're made of polyester and cotton and don't need ironing. Some are muslin with a thread count of between 128 and 140, some percale with a thread count of 180 to 200. (The higher the thread count, the finer the sheet.) But today's muslin blends are a far cry from Grandmother's hair-shirt variety. *Buymanship tips, page 110.*

Photographs: Alderman Studios Inc., Rich Haggerty

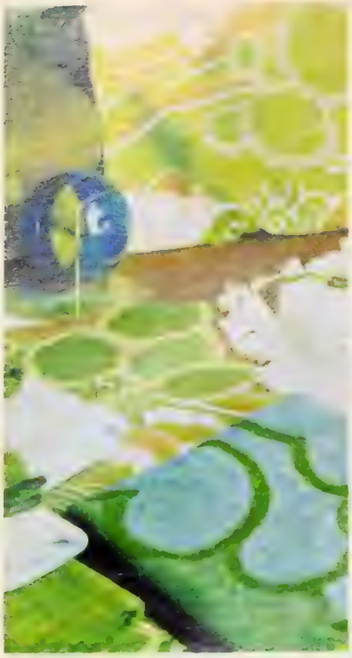
Sewing information, page 12

At left, instant decorating for the bedroom. The wildly colorful sheets are Espirit pattern percale, a carnival of rainbow stripes and purple polka dots. Don't fret if your freshly made bed gets mussed; a few tugs and a bit of smoothing set things right. Pattern coordinates include towels, bedspread, draperies, and blankets.



Teen-agers are turned on by the tie-dye look of this Pinata muslin pattern—while more adult audiences respond to its subtle Mexican tone and feeling, just the right accent for Spanish and Mediterranean furnishings. The melon and warm raspberry shades in the design look especially appetizing when played against white or buttercup yellow walls.

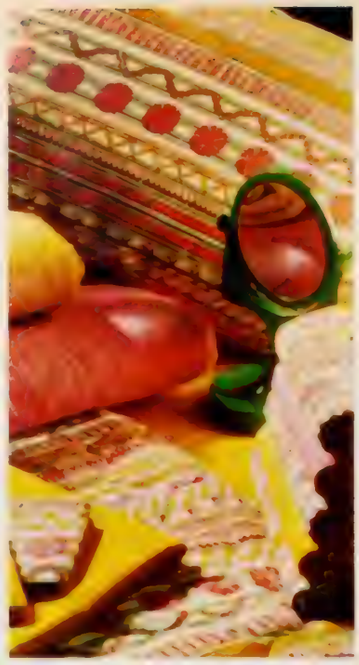
At right,a demonstration of how to transform a bathroom in a trice. It's done with towels—not just any towels but look-again ones like these Stained Glass pattern beauties in warm Byzantine shades of ruby red, burnt orange, and deep fuchsia. For a bedroom carryover, these colors are echoed in solid-color percale sheets, blankets, and bedspreads.



Paysage pattern percale sheets and bedspread feature stylized leaves in a range of bright and subtle greens. Coordinated towels, both patterned and solid, introduce surprise colors—aqua and pale blue. For leafy living try appliquéing sprays of the bold plant motif on your bedroom curtains, chair seats, ottomans, and toss pillows.



To jog any bedroom out of the doldrums, just apply Maze percale pattern (above) with its bold splashes of free-form color. Although the pattern is large scale, it's completely adaptable for small bedrooms. When you shop, you'll find the pattern repeated in curtains, draperies, bedspreads, towels, and sheets to make total-look decorating a breeze.



The charm of Early American needlework is reflected in this Sampler Stripe muslin sheet and pillowcase. You'll find that quaint designs like this one give an authentic touch to traditional furniture in maple and fruitwood. For more atmosphere-making, you might outline-quilt the bedspread or appliqué broad bands to simple white cafe curtains.



A great design like this dramatic Flame Stitch pattern bridges all sorts of gaps. These muslin sheets would appeal to teen-ager or sophisticate and would work well with everything from painted attic finds to prized antiques. If you're handy with the needle, try copying this old pattern in needlepoint for small pillows, samplers, area rugs.



Formidable! The dashing percale pattern is Le Mans, an apt name for stripes that bend like a racetrack. The lavender and grape hues are an exciting ploy for pale blue walls—or even those dull pink buff ones that defy dramatic color scheming. The same design comes in bedspread, curtains, draperies, and towels for a nonstop-stripe decor.



You may not be ready for a water bed just yet—but what about Water flower percale pattern sheets? These are awash with color: red, green, yellow, and purple. The total effect is art nouveau—just what you need to bring off an eclectic bedroom full of almost-antiques. For total decorating, you can choose from coordinated towels, spreads, and dust ruffles.



Perennially popular stripes never looked sharper than in these delightful Popsicle stripe patterned percale sheets in shades of peppermint green and gold. What's great about stripes is their versatility. You can treat them as you would solid colors and team them successfully with bold florals, prints, geometrics. And stripes look smart most anywhere.



Pastoral Reflections pattern percale is a perfect choice for a bedroom furnished in Provincia or 18th century style. With color and pattern taking over your linen closet, how can you keep things organized? Decide on a color code and buy accordingly: all fitted bottoms in pastels, for example, all double tops in floral, single sheets in stripes.



If Mom throws in the towel, Dad can be depended on to take over the scrub team! Here, cleanup chores are brightened considerably with a deep-pile Narcissus pattern bath towel. The same perky pattern is available in percale sheets, solid towels, and bath mat. (A tip about towels: today's patterns are great for covering chairs and headboards.)

MAKING THINGS NEW AGAIN



Reminiscent of a Renoir painting, Gladness pattern percale sheets are all abloom with brilliant poppies in scarlet, white, and purple. Frivolous though they look, these sheets are sensible. They're preshrunk, shun the iron, and colors won't wash out. For matchmaking, the same flowery pattern is available in towels and a fringe-bedecked bedspread.



These percale sheets are bedecked with a pattern as romantic as its name: Eighteenth Century Garden. The crewel-like look is made to order for graceful mahogany furniture in any of the classic English styles. You'll find it complements Mediterranean furniture too. Pattern also comes in spreads, blankets, and towels.



If you're a home sewer with some big decorating projects in mind, you're well on your way with these densely patterned percale sheets in Contemplation pattern. Wide, unseamed widths of fabric lend themselves to wall-to-wall drapes and floor-length table rounds. Solid-color towels are good bets for accent chair seats and pillows.



Highland Gardens, a quaint pastel floral pattern, is an apt choice for Early American and Federal furnishings. To pick up the colors of the percale sheets, there are solid-color moss green and warm rose blankets and towels. Tiny floral patterns like this one are especially effective for soft and subtle window treatments and lavishly hung canopy beds.



Kilimanjaro pattern percale sheets feature abstract mountain peaks in a sophisticated color scheme of amber and dark brown with mauve and butter yellow. When you're buying super-scale patterns, like many of the ones shown here, remember the final effect will be far more vivid than you'd expect from the sample you see in the package.



Riotous color makes a production of percale sheets and bedspread. The gypsy-bright colors of the Tulip Sunday pattern are emphatically underscored with solid-color towels. When selecting a pattern for your bedroom, keep the size of the room in mind. A grand-scale pattern like this one, for example, is a good choice for regal-sized beds.



Ever thought of mixing two decidedly different sheet patterns—on purpose? With two coordinates like floral Harvest pattern percale and a modly different muslin stripe in Freedom Arch pattern, you can give your bedroom a smart new look. Go ahead and mix the pillowcases, too—or you might choose purple and mauve solids.



Sprightly Pageant pattern first surfaces in percale sheets, and then spills over into a multitud of bed-and-bath accessories —towels, tissue box, hamper, shower curtain, wastebasket, blankets, and comforter. Thou it's easy to overdecorate with some patterns, this mannerly and elegant design is one that bears repeating with the many coordinates available.

MAKING THINGS NEW AGAIN

Father and son roughhouse, below, takes place against brilliant Chevron pattern bottom sheet and yellow top sheet with banded French cuff in azure blue and Kelly green. Both sheets are sturdy percale. To pick up the happy colors of the Chevron pattern, you can choose from a bevy of solid-color towels, dust ruffles, and blankets.

Even with an unmade bed, right, a bedroom can look delightful. The trick is soup-to-nuts coordinates: Splashy Breeze pattern percale sheets, Primitive Geometric pattern bedspread, solid orange carpet, and Bee pattern print wallpaper. In the adjoining bathroom, the floral pattern is repeated in shower curtain and solid-color towels.





MAKING THINGS NEW AGAIN

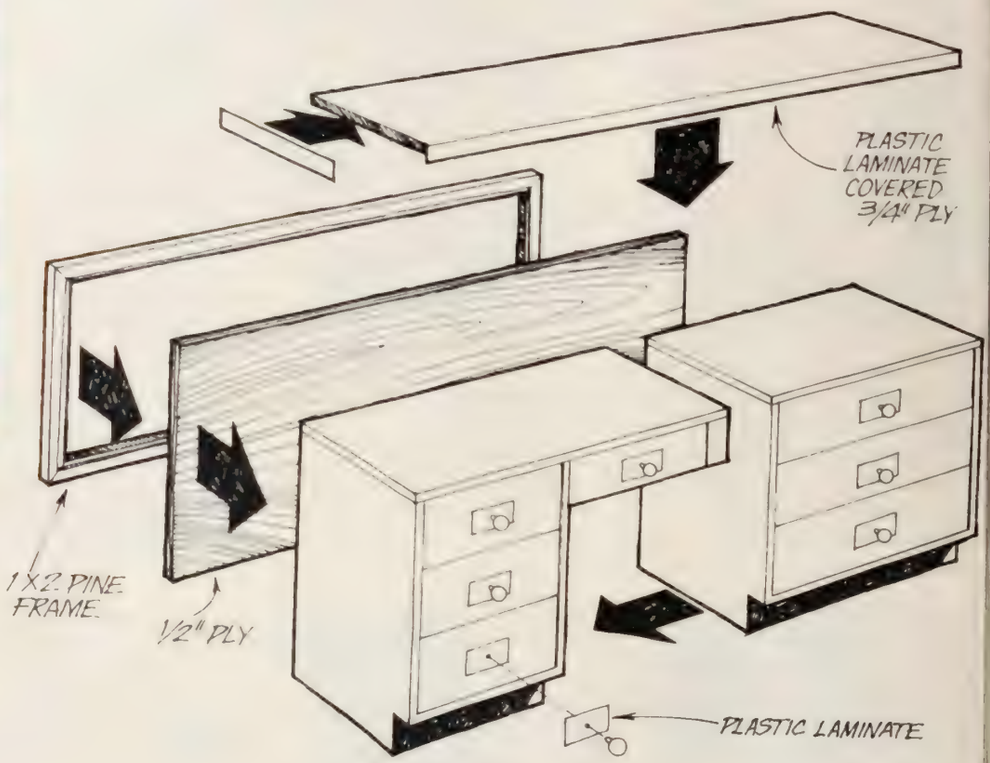
PROJECTS AND HANDMADES FOR BEDROOM AND BATH

By David Ashe, Projects and Remodeling Editor

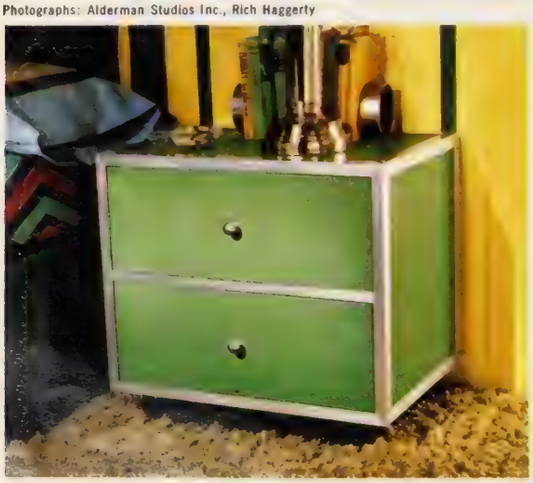
If you're the least bit crafty, you can build, stitch, staple the indispensable finishing touches for your bedroom and bath. The storage helpers shown here appeared in the background on preceding pages. Now we explain how to make them in your workshop. Turn the page for decorative handmades to beautify bedroom and bath.



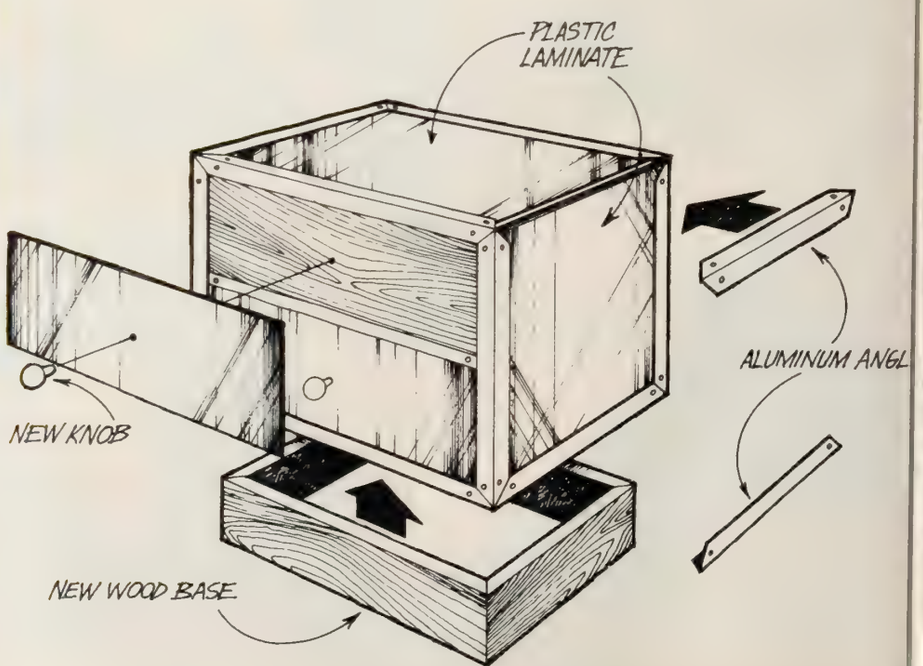
Headboard and extra drawer space. Combine a chest with a student desk, then back the two with a wood panel for the headboard. Cut off desk leg unit and screw the two pieces of furniture together. Fasten on new back and top with screws. Cover top with plastic laminate and finish edges with a 1½-inch band of the same material. (This will cover any discrepancies between tops.) Pad and upholster plywood back, then add 1x2 pine frame to finish.



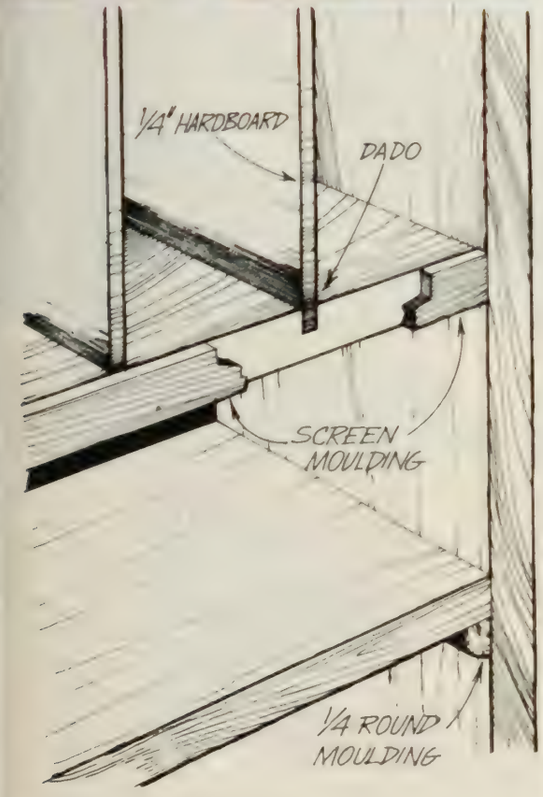
Photographs: Alderman Studios Inc., Rich Haggerty



Slick new nightstand from a castoff. If the proportions are pleasing, don't worry about the beat-up finish. Here's how to refurbish that furniture find. First, remove old legs and hardware. Cover the outside with plastic laminate cut to fit. Frame all edges with angle aluminum, mitering corners and screwing in place. Make a new wood base to fit stand, recessing base a few inches. Fasten this recessed base with screws to bottom of the nightstand.



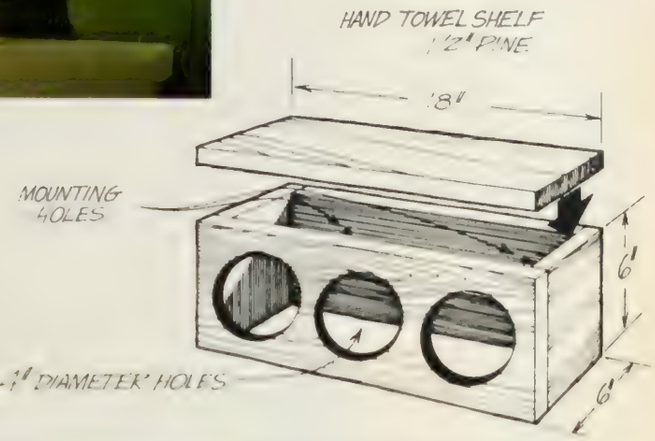




Checkerboard towel storage unit. Now you can remove your towel without disrupting the pile underneath. To make unit, fasten floor-to-ceiling uprights on either side of tank. Nail upper shelves between uprights. Slide vertical ¼-inch hardboard partitions into pre-grooved shelves. Band front of shelves with screen molding. Removable bottom shelf rests on quarter-round molding. Stain or paint unit to match your bathroom decor.

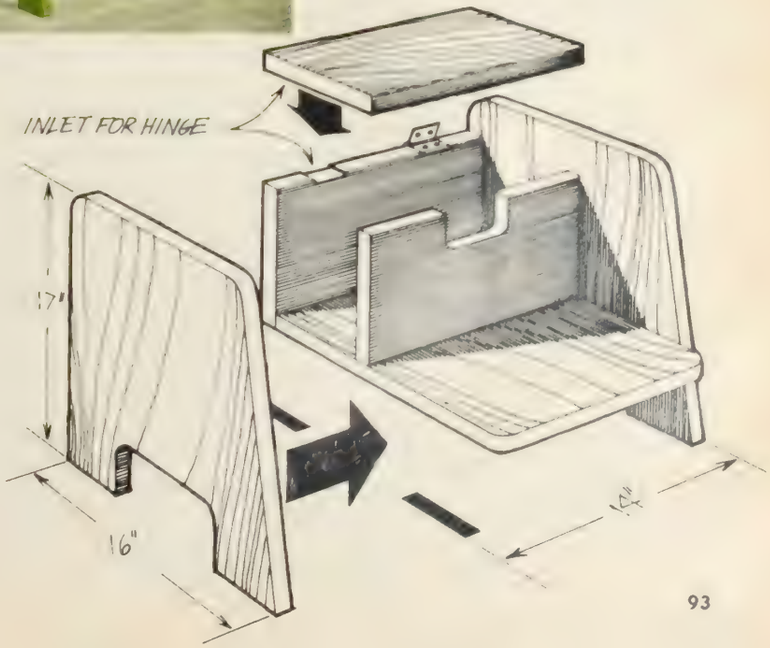


Handy hand towel dispenser. Cut five sections of ½-inch pine according to sketch. Drill mounting holes in back section, cut out 4-inch-diameter holes with saber saw in front section. Nail side pieces and top together. Bottom is open for insertion of towels. This makes hand towels easily available for short-armed youngsters. Top of rectangular box serves as a regular shelf for bathroom necessities.





Kid's step stool and toy box. Cut the six pieces according to pattern directions and assemble with nails and waterproof glue. Sandpaper any rough areas and fill all exposed edges. Paint with waterproof nontoxic enamel. Stool facilitates hand washing and teeth brushing for youngsters, and box is great for bath toys. (Speak in a quietly modulated voice when you still trip over the rubber duckie on the floor.)



MAKING THINGS NEW AGAIN



Yes, you can give your decorating that finishing touch without a big investment in cash or time. Try an instant seat covering, a flower-strewn shower curtain, a stylish window treatment made with sheets, or an opulent striped coverlet with a custom look.

Eye-catching coverlet, top, is made with 12 alternating strips of tangerine velveteen and purple ribless corduroy over a tailored flounce.

Cut all strips 9½ inches wide (finished width of strip should be 8 inches with ¾-inch seam allowance) and 111½ inches long (includes 1½-inch seam allowance at top). For queen-size bed, use 8 yards of orange velveteen at 35 inches wide, 6½ yards of purple ribless corduroy at 45 inches wide, 5 yards of ½-inch cording, and 36 yards of ¼-inch cording.

Before stitching, be sure nap on all strips runs in the same direction. As you sew the strips lengthwise, sew in the ¼-inch cording between each, using the orange strip to cover. Round corners at the foot of the coverlet. Cover about five yards of the ½-inch cording with four ¾-inch-wide strips of bias-cut orange velveteen, leaving ½-inch fabric on one side of the cording and 2¾ inches on the other. Stitch the cording around the outer edge of the spread with the narrow seam to the inside. Turn one inch of the 2¾-inch allowance under and slip-stitch in place. Fold over the seam allowance at the top twice and stitch ½ inch from the edge.

Polka dot chair seat, above, is covered with a rich-looking bath towel instead of upholstery fabric. This trick can work for almost any chair with a removable slip seat. Simply unscrew the seat and place it upside down on your work area. Cut a section of towel to fit, allowing extra for tucking under the seat. Check to make sure stripe or any dominant motif is centered and even. Then fold the excess towel fabric underneath and staple it securely. For a finished look, cut a piece of dark-colored fabric to cover staples and glue it on.



Photographs: Alderman Studios Inc., Haggerty









Handsome Roman shade, top left, is made from two French-cuffed sheets. Before cutting the fabric, measure the window opening and allow three extra inches for the hem and two for the top.

Cut the first sheet six inches smaller than the width of the window. Cut the cuff off the second sheet, allowing 1¼ inches for a French seam, and stitch the cuff lengthwise to the raw edge of first sheet. (Fold of the cuff will cover the seam.) Turn and stitch the bottom and top hems.

Sew strips of Roman shade tape one inch from each side. Sew additional strips of tape at evenly spaced intervals of 10-14 inches. Install the shade at the top with snap-on tape or tacks and slip a thin drapery rod through the bottom hem. If you like, use additional sheet fabric to line draperies.

Bed-sheet shower curtain, top right, is a thrifty bath brightener. Any full-size flat sheet will do. If your old shower curtain doesn't have a gaudy pattern which might show through, you can use it as a liner—or you can buy a new one.

Measure from the shower rod to the floor, adding a 1½-inch seam allowance for the bottom and two inches for the top. The width of the sheet allows a pleasingly full curtain. Turn and stitch top and bottom. Apply grommets through the center of the top hem, spacing them evenly six or seven inches apart.

Padded headboard, above left, is a pin-money way to glamorize a bedroom. You can use an existing headboard or make your own. For a queen-size bed, cut a piece of plywood 37x55 inches and frame the edges with 1x2s. You'll need 2¼ yards of 54-inch fabric, 6½ yards of ¼-inch cording, and 6½ yards of grosgrain ribbon or other trim.

For front, cut a piece of fabric to fit the plywood with 1½ inches for overlap, and machine-stitch ribbon five inches from edge on three sides. Stretch this front piece over plywood and nail in place.

Cover cording with 1½-inch-wide strip of bias fabric. For sides of headboard, cut a strip of fabric 4½x131 inches on the straight grain. Sew cording to one long side of this strip. Glue the cording-edge strip around three sides of headboard so cording frames front panel. Stretch the strip over board and nail in place.

Show-off shower curtain, above right, sports a bold band of Stained Glass pattern towel. You can use a shower curtain made of acetate or any water-resistant woven fabric. Our banding is 4 inches wide with 1½-inch seam allowance.

Cut towel in strips equaling width of curtain, with two-inch seam allowance for ends. Stitch strips together end to end, matching patterns. Then sew the band to the curtain four inches from the bottom. Turn ends under and slip-stitch to edges of curtain.

MAKING THINGS NEW AGAIN

START WITH A TYPICAL BLAND KITCHEN...

By Stephen Mead, Architectural Editor

If you've had it with your has-been kitchen, don't despair. We'll show you how to correct its shortcomings without a big outlay of cash. Just follow the ideas outlined in this example kitchen, and you'll get more storage space, better lighting, a newer look, and lots of other things you've been wanting for your kitchen.

BEFORE



BEFORE



Photographs: Mike Dieter





Like many older kitchens, this one had several handicaps: outdated cabinets, bad lighting, inadequate storage space, and lack of decorative unity. We set out to solve the problems in an easy, economical, and practical way. To do it, we set a $600 budget, made the most of materials on hand, and tried to make each new idea solve more than one problem.

BEFORE





LIGHTING

Problem: Kitchen lighting was poor; sink spotlight was okay, but ceiling fixture was much too dim for room.
Solution: A twin fluorescent fixture was built into the new drop-down ceiling strip. Now the lighting is brighter, closer to work surfaces, and better diffused. The light above the sink needed no alteration.

To get more natural lighting, the wide-frame, double-hung window was replaced with a thin-frame, single-panel casement window. The curtains were also removed for more light and a better view. Above the range, twin spotlights in the dropped ceiling team up with a ventilator/light unit to complete the new lighting system.

CABINETRY

Problem: The outdated style and color of the cabinets made the kitchen seem older and smaller than it really was.
Solution: Replacing the cabinets would have been too costly; instead, we merely rebuilt the cabinet doors to give them a like-new look. First we ran the doors through a saw to cut off their "lip" overhangs. This made the doors and drawer fronts fit flush with the cabinet frames. Secondly, the doors were saw-kerfed to make them look like contemporary paneling. For easy-care cleaning, we painted the cabinets with semigloss enamel and the walls with flat white latex. All this makes the kitchen look bigger and brighter.

STORAGE

Problem: Storage space around the all-important cooking area was generally cramped and difficult to use.
Solution: New twin cabinets and an open-shelf storage unit above the range give space to spare. The cabinets utilize previously wasted space, and they also reinforce the decorative look of the rebuilt cabinet doors on the opposite wall. Relocating the stove eliminates one old base cabinet, but frees the corner cabinet for use. Also, there's now more floor space to keep the kitchen uncluttered.

WORK SURFACES

Problem: Years of wear and tear had made the laminated counter tops dull, scratchy, and hard to clean.
Solution: To avoid serious scratches and cuts in the future, a chopping block counter was installed alongside the range. New laminate counter tops were installed for a fresh-start look.

VENTILATION

Problem: The exhaust fan was too high to remove smoke and cooking odors.
Solution: Installing a ventilator/light unit directly above the range eliminated the problem. Also, the new casement window lets in twice as much fresh air as the old window did.

DECORATIVE THEME

Problem: The old kitchen had a hodgepodge look; areas lacked continuity in looks and function.
Solution: The redesigned and repainted cabinets blend with the white walls to give the kitchen a clean and contemporary appearance. The dropped-down, gypsum board ceiling ties the work areas together both physically and visually. A new dark blue sink reflects the accent color of the center ceiling, tying the kitchen together even more.

MAKING THINGS NEW AGAIN

HOW TO RECYCLE PLANTS

By Hamilton Mason, Garden Editor, and Don Armstrong, Associate Garden Editor

Now that fall and winter are not far away, what can you do with the non-hardy specimen plants that have become overgrown after being outdoors for the summer? There is an alternative to leaving them out in the cold: recycle them.

By acting now, you can carry a wide variety of your favorite plants through winter and have them ready to set out again next spring. And the whole process takes minimum space and time.

There are several ways to increase and renew your prized houseplants. On the following pages, you'll see techniques like stem cuttings and air layering used on several different plants.



The intricate individual bloom of a passion-flower vine, at left, lasts only a short time, but the number of blooms and their beauty make this plant worthwhile. If you grow passion-flower, plant it outdoors for the summer. Where winters are mild, the vine roots will survive and produce new growth in spring. In colder climes, take stem cuttings in the fall, root them in water, and pot them up to carry them through the winter.

With plenty of light and some support, your cuttings should thrive and may even produce some blooms by late winter. In the spring, again set the vines outdoors in full or part sun where they can climb.

After taking the stem cuttings, place them in water in bottles or similar containers. Allow from one to two months for healthy roots to form, then transfer to individual pots.

Wandering Jew *(Zebrina pendula),* bottom left, is a versatile and vigorous vining plant, useful in summer as a ground cover. In this situation, only two plants were needed to spread and cover an area about four feet square. As a houseplant, zebrina is equally at home in a hanging basket or in a pot.

To save this plant, take several cuttings in the fall and place the stems in moist vermiculite. In two to three weeks the cuttings should have strong roots; transplant the cuttings to pots. Keep the rooting material moist and water generously after transplanting. Give the plant plenty of room because it likes to grow in several directions.

If space is limited, keep the stems pinched back and remove old leaves to keep growth vigorous. Plants in the background of this photo are caladiums at right, pedilanthus in far background, and centratherum at left.

After a summer outdoors, the croton, at right, has improved its wild colors but also has grown leggy and out of proportion. The secret to getting this houseplant back in shape is air layering. This way, you can have several smaller new plants identical to the original. A bonus is that the parent plant, though cut back, will generate new growth. Remember that crotons require high humidity.

Renewal by air layering involves making a cut in a growing stem and wrapping to induce rooting. Turn page for more details on this technique.

Other tree-like houseplants that can be air layered are rubber plant and dieffenbachia. Start air layering the croton while it's still outside, then move inside when frost is likely.

On this plant, allow from one to two months for roots to form in the air layer. If the air layer doesn't succeed, cut off a healthy growing tip and try rooting in moist sand or water.

A member of the fig family, *Ficus benjamina,* bottom right, makes an attractive contribution indoors or out with its glossy dark green foliage. Take several cuttings about three or four inches long from the tips of healthy stems. Remove lower leaves from the cuttings and place in water.

In a few weeks you should see callousing at the base of the cutting. In one to two months you'll notice healthy roots have developed enough for you to set cuttings in potting soil in three-inch pots. Give the cuttings plenty of light while rooting and after potting.

The ficus will grow to tree size over several seasons if you let it go its own way, or it can be kept compact if you like. These are some plants commonly propagated by simple methods:

By stem cuttings:

Coleus	Impatiens
Christmas cactus	Peperomia
Crown-of-thorns	Rubber plant
Dracena	English ivy

By air layering:

Croton	Fiddle-leaf fig
Dieffenbachia	Jade plant
Dracena	Rubber plant

By leaf cutting:

African violet	Rex begonia
Gloxinia	Sansevieria
Philodendron	Sedum species
Scindapsus	Kalanchoe

Turn the page for more specific details on how to propagate, and to see the results of starts from some of these plants.



Photographs: Hopkins, Dieter

















1. To propagate zebrina (wandering Jew) by cuttings, take the starts or "slips" from the tips of vigorous growing stems. While most stem cuttings root easily in water, water-grown roots are more apt to break off than are roots grown in vermiculite or one of the other nonorganic rooting mediums.

Using a sharp knife, make the cut just below the point where leaf joins stem—roots develop best there. Remove lower leaves to bare the base of the cutting.

2. The procedure for making geranium cuttings is about the same. If you like, apply a rooting hormone to the cut end of the stem, as shown in foreground. (This is not really necessary, and may even be detrimental if you apply too much.)

Fill a clean clay pot with evenly moistened vermiculite, perlite, or sand. Insert the bare stem ends in the rooting medium—then water and keep in a cool, light location. After three weeks, remove a cutting to check root development.

3. Some cuttings seem to root better in ordinary water than in a moist rooting medium. Passion-flower vine cuttings should develop healthy roots as shown after about a month. Several other plants can be rooted in water, including philodendron and English ivy, and even some outdoor shrubs such as forsythia.

After taking the cutting, keep the foliage moist, and remove any leaves that would be in the water. Be on the lookout for algae growth in the container.

4. Air layering can be done indoors or out, and is ideal for large-foliage plants that have grown tall and leggy. Air layering works by encouraging plants to grow new roots at one of the leaf nodes on a stem section that is bare. The new plant is removed from the top and the original plant produces new growth.

There are several acceptable ways to make the actual cut in the stem that results in root formation. On woody plants like the croton, make a shallow cut ¾ of the way around the stem. It should be ½ inch wide and go through the outer bark but not the center woody part. Wrap the cut in damp sphagnum moss 1½ inches thick. Enclose in polyethylene film, fastened at the ends so the moss won't dry out. On less woody stems, such as dieffenbachia, cut only a slanting notch about halfway into the stem, then place a sliver of wood in the cut to discourage healing. Wrap with moss.

5. After about a month or two the moss ball should be filled with new roots. Check during this time to make sure the moss is moist, and add moisture if necessary.

Carefully cut the stem just below the air layer, and move the cutting, including moss, into a pot of soil. Keep the soil moist.

MAKING THINGS NEW AGAIN

6. The crucial time for new cuttings is right after changing from the rooting to growing medium. For newly rooted cuttings, choose pots not over four inches in diameter; supply bottom drainage.

Spread roots as you fill pot with standard potting mixture. Water well and keep from sun for the first few days, but provide plenty of light through the winter.

If cuttings show a tendency to wilt, enclose the pot and new plants in a plastic bag during the rooting period. Use a rubber band to hold the bag in place. It's easily removed when you need to water. A plastic bag "tent" may help when rooting in vermiculite to maintain high moisture. Remove the tent when you need to water. Use bamboo stakes in the pot to support plastic. After new plants are established, the plastic can be removed.







Convenient display unit features plants grown from cuttings taken in fall and carried through the winter. The top row includes crotons, geraniums, and passion-flower vine. The second row shows African violets, begonia, and ficus. The bottom row includes coleus and impatiens. Hanging at left is a pot of zebrina grown as cuttings from the zebrina ground cover shown earlier. At right is the potted ficus from which several cuttings were taken.

A plant display/work stand like this is easy to build and makes a perfect place to work with and show off your houseplants. The shelf at left folds down when not in use, and sliding doors can hide your gardening gear when it's not needed. Wooden trays on middle shelf slide out so you can water without worrying about damage. The 51x51x11-inch stand is built of common materials including pine, plastic laminate, and plywood. Place near a window or add lights if you use it for growing.

Better Homes Project Plan 4209-1
To order, see page 151.

These healthy geraniums (top) are cuttings taken last fall, carried through winter, then set out again. Don't expect much of a show during the winter, but if you set the plants out in a bed or container the following spring, you'll be rewarded with prolific blooms. Geraniums are relatively easy to care for through the winter—they need little moisture and plenty of sun. Or place them under growing lights for better results.

This colorful coleus planting (center) resulted from only five plants that were set out in the spring. The plants had been carried through winter inside from cuttings taken the preceding fall.

Coleus is one of the easiest of all plants to root from cuttings. And since it comes in such a spectacular variety of color combinations, you can choose your favorites and propagate them year after year.

Lush growth of mixed-color impatiens grew from cuttings carried through winter indoors and set outdoors in spring. Though impatiens will grow from seed, transplants or cuttings have a head start.

Watch out for pests like mealybugs and red spider mites. Use rubbing alcohol on cotton swabs to touch the pests or use systemics (according to manufacturer's instructions) in potting soil when pests threaten.



By Doris Eby, Food Editor,
and Joan McCloskey, Associate

Pie-sliced apples and herb-seasoned stuffing mix make **Pork and Apple Stuffing Bake** a snap to prepare. Complete the dinner with lettuce wedges, French dressing, and individual baked custards.

ONE-DISH MEALS YOU FREEZE AHEAD

Stashing your family's favorite dinners in the freezer could have a magical effect on your menus. By stockpiling the casseroles they enjoy the most, you have more time to prepare accompanying dishes.

On the next pages, we show how to put together double- or triple-batch recipes to cache away in the freezer. Some of the recipes start with convenience foods, others star your favorite seafood, and some include party touches that make your family feel special.

Don't worry if you forget to thaw one of these frozen casseroles. All of our recipes let you skip defrosting before baking.



Save time with a shortcut

Canned soup makes an excellent sauce base for a freezer casserole. When you combine cream of chicken soup and process cheese spread, you're on your way to **Ham and Broccoli Bake.** Accompany with marinated tomatoes.

Photographs: Larry Kolze



Beneath the parmesan are layers of ravioli in sauce, chive cottage cheese, seasoned spinach, ground beef, and pizza sauce. No wonder we call it **Ravioli Florentine.** Add relishes and ice cream to make it a meal.

Frozen mixed vegetables add a kaleidoscope of color to **Chicken Noodle Dinner.** Complete your menu with garlic toast, a molded fruit salad, and chocolate sundaes.

Recipes begin on page 119.



Make it company special



Like the classic sandwich, our **Reuben Bake** gets its hearty out-of-this-world flavor from sauerkraut, corned beef, thousand island dressing, and Swiss cheese. We've topped the robust one-dish meal with fluted rye biscuits. Add a citrus salad and end the meal with brownies.



Artichoke hearts, wine, fresh mushrooms, and drop biscuits add up to a spectacular **Beef Burgundy Pie.** When you bake this ragout, you won't need to coax your family to the table. Have coleslaw and buttered beets at each place setting. For dessert, serve peach cobbler a la mode.



East is East, West is West—and they're well met in this **Oriental Green Casserole.** It teams special Oriental ingredients—Chinese pea pods, sliced celery, bamboo shoots, and green pepper—with familiar all-American ground beef. A mandarin orange sundae makes the dinner complete.

Recipes begin on page 119.
Buying information, page 112.



Two plentiful harvest-time ingredients take on a new twist in **Sweet Potato Turkey Pie.** A "crust" of mashed sweets is spooned into a pie plate, then filled with creamy turkey and vegetables. For salad, fill mug with relishes; for dessert, serve cranberry sherbet.

Serve a seafood feast





You might think you've tried every possible trick with that family standby, tuna—but wait till you launch **Cauliflower Tuna Ahoy!** The recipe makes two family-size dinners. Add green salad, French bread, and lemon meringue pie for a fall dinner.



Mexican spices and vegetables inspired **Halibut Olé.** Start with frozen Mexican-style vegetables flavored with chili powder and ground cumin. Ladle a spicy sauce over halibut fillets to flavor the fish as it bakes. Buttered spinach makes an apt accompaniment and caramel flan a finale.



Seafood Mac Bake makes something special of four convenience foods: macaroni and cheese dinner mix, canned shrimp, condensed cheese soup, and rice cereal. At serving time, garnish with curly endive and ripe olives. Lemon-buttered broccoli goes along nicely. For dessert, refreshing lime chiffon pie.



If your family likes lasagna, they'll go for this blond version—**Tuna Lasagna.** Tuna and cream of celery soup replace the classic meat sauce. A medley of cheese—mozzarella, American, and parmesan—contributes rich flavor. Round out the feast with tossed Italian salad and a dish of spumoni ice cream.

Recipes begin on page 119.

"Keep cool" salads

Each of these cool salads is flavor-packed—*and* can be made ahead for busy-day meals. They'll all be welcome additions to your collection of main-dish salad favorites.



EGG SALAD SOUFFLÉ

Fill center of the ring with rolled-up cold cuts—

1 3-ounce package lemon-flavored gelatin
½ teaspoon salt
Dash pepper
1 cup boiling water
2 tablespoons wine vinegar
¼ cup mayonnaise or salad dressing
½ cup evaporated skim milk, ice cold
3 hard-cooked eggs, diced
¼ cup finely chopped celery
1 tablespoon finely chopped onion
1 tablespoon chopped pimiento

Dissolve gelatin, salt, and pepper in boiling water. Add vinegar. With rotary beater, blend in mayonnaise. Chill till partially set. Add cold evaporated milk; beat with rotary beater till fluffy. Fold in remaining ingredients. Pour into a 4-cup ring mold. (If desired, arrange additional hard-cooked egg slices in bottom of mold before adding mayonnaise mixture.) Chill till firm. Makes 4 or 5 servings.



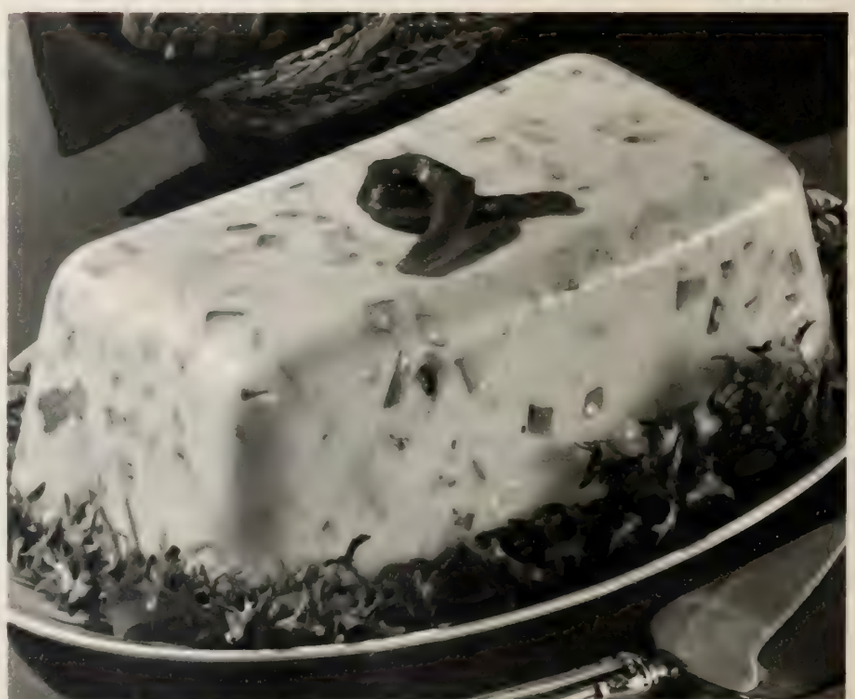
Photographs: Scott

MACARONI-FRANK SALAD

Cooked macaroni marinates in Italian salad dressing for zippy flavor—

½ cup Italian salad dressing
4 cups cooked macaroni
2 cups diced celery
4 or 5 frankfurters, thinly sliced
¼ cup finely snipped parsley
¼ cup sweet pickle relish
½ cup dairy sour cream

Pour Italian dressing over macaroni; refrigerate for 4 to 5 hours. Add celery, frankfurters, parsley, and pickle relish; mix lightly. Stir in sour cream; mix thoroughly. Garnish with additional frankfurter slices and parsley. Refrigerate till serving time. Makes 6 servings.



TUNA GARDEN LOAF

Celery soup is the secret in this creamy mold—

2 envelopes unflavored gelatin
¾ cup cold water
1 can condensed cream of celery soup
1 cup mayonnaise or salad dressing
2 tablespoons lemon juice
1 tablespoon prepared mustard
1 9¼-ounce can tuna, drained and flaked
½ cup chopped celery
½ cup chopped unpared cucumber
¼ cup chopped green pepper

Soften gelatin in cold water. Heat soup to boiling; add gelatin mixture, stirring to dissolve. Stir in mayonnaise, lemon juice, and mustard. Chill till partially set; fold in tuna, celery, cucumber, and green pepper. Turn into 8½x4½x2½-inch loaf dish. Chill till firm. Trim with a pimiento strip. Makes 8 servings.

ways
Campbell Up
sandwich

an M'm! M'm! Good! lunch.



Launch a lunch with Campbell's Tomato Soup made with milk and a Tuna Torpedo...just load a frankfurter roll with tuna salad.

Two All-American favorites team up for lunch... Campbell's Vegetable Soup and a ham and cheese on a hard roll.

Say cheese! And make lunch Campbell's Chicken Noodle Soup with a Swiss cheese, tomato and lettuce sandwich on pumpernickel.

M'm! M'm! Good!



It isn't just a spaghetti cheese anymore.

Parmesan cheese, correctly aged and grated, makes the perfect seasoning for a wide range of dishes. Kraft 100% Grated Parmesan, aged 14 months and coarsely grated into large flecks, adds a mellow, rich flavor to soup.

- 1 10½ oz. can condensed beef broth
- 1 1-lb. can whole tomatoes, crushed
- 1¼ cups water
- [illegible] cornstarch
- 1 9-[illegible] green be[illegible]nd drained
- 1 cup sliced cooked carrots
- 1 cup large shell macaroni, cooked and drained
- ½ cup coarsely chopped cooked spinach
- ½ cup onion slices
- ¼ cup Kraft Grated Parmesan Cheese
- ⅛ tsp. garlic powder

Combine broth, tomatoes and water combined with cornstarch; cook until thickened. Add beans, carrots, macaroni, spinach, onion, Grated Cheese and garlic powder; heat. Serve with additional cheese. 6 servings



KRAFT Division of Kra[illegible] Corporation

Buying tips for bed and bath

Sheets today are vastly different from the ones that stocked Grandmother's linen closet. Features like permanent press and soil release have made sheets truly easy-care. No-iron linens can go from bed to washer and dryer and back again to bed without ever encountering an iron. What's more, these sheet wonders last longer, look neater, are colorfast and preshrunk.

The 100 percent cotton muslin and percale sheets have all but disappeared from the linen departments. They've been replaced by no-iron blends (usually 50 percent cotton 50 percent polyester) in muslin and percale. No-iron muslin with a lower thread count is coarser and cheaper. Percale is smoother, costlier. It's often the finish that determines how well the sheet will wear. Examine several samples carefully before you buy. In a limited luxury class are the 200-thread-count percales which are extremely strong despite their softness.

While it's true that no-iron sheets (also known as permanent press or durable press) can bypass the ironing board, they do require specific care to deliver wrinkle-free performance. Launder in small loads at a warm temperature setting. Wash dark-toned sheets (towels also) separately the first few times until any excess dye disappears. Tumble-dry and remove sheets as soon as the machine stops. Otherwise, the heat of the dryer will set in wrinkles. If you forget to take your sheets from the dryer immediately, retumble for ten minutes with heat to de-wrinkle.

About the only complaint that has been heard about no-iron sheets is that they tend to retain soil. Hopefully, with an eventual industry-wide adoption of a soil-release finish, this disadvantage will diminish. While the finish doesn't prevent sheets from soiling, it does help them to shed dirt faster.

Designer sheets are evidence of the growing high-fashion influence on the bedding industry. Names like Pierre Cardin, Yves Saint Laurent, and David Hicks are found on sheets and coordinated items for bed and bath. While more costly than most printed and solid-color sheets, these high-style linens are particularly favored for gift-giving.

Rotate sheets to increase their wear-life. It's a good idea to have at least six sheets on hand for each bed—two on the bed, two in the laundry, and two in reserve in the linen closet.

There are some 18 to 20 different sheet sizes available fro[illegible] cot to California king. Sin[illegible] shrinkage is not a problem wi[illegible] the no-irons, most new sheets a[illegible] usually six inches shorter th[illegible] the old cotton ones. But the or[illegible] accurate way to buy the corre[illegible] size sheets is to measure t[illegible] length, width, and depth of yo[illegible] mattress. The latter dimensi[illegible] will ensure you a snug fit in f[illegible] ted sheets.

Acrylic and polyester blank[illegible] are the easiest to care for, la[illegible] longest, and have a lighter f[illegible] than conventional wool on[illegible] But if you happen to like t[illegible] weight and warm feel of wo[illegible] (weight, incidentally, is no m[illegible] sure of blanket warmth), a[illegible] you don't mind the higher co[illegible] then by all means invest in [illegible] wool blanket.

Polyurethane blankets, whi[illegible] look and feel like velvet, cons[illegible] of bits of nylon flock bonded [illegible] polyurethane foam. Because [illegible] the construction, this lightweig[illegible] blanket retains body heat so y[illegible] don't need extra cover, even [illegible] the coldest nights.

If you live in a warm clima[illegible] or in a temperature-controll[illegible] atmosphere, you'll like the the[illegible] mal blankets with their han[illegible] crocheted look. Air circulat[illegible] freely through the open pock[illegible] in the weave. Since thermals a[illegible] lightweight, they can be us[illegible] year round. Just top with a she[illegible] or other cover in the wint[illegible] Thermal blankets made of cott[illegible] are inclined to stretch in use a[illegible] during washing. You'll find l[illegible] shrinkage and stretch in acry[illegible] and polyester thermals.

If you like controlled he[illegible] choose an electric blanket of 1[illegible] percent acrylic or a polyes[illegible] rayon blend. Some come with[illegible] single control; others feature du[illegible] controls for individual comfo[illegible] Most electric blankets carry [illegible] five-year guarantee. Always m[illegible] chine-wash your electric blank[illegible] in lukewarm or cold water; nev[illegible] dry-clean as the chemicals us[illegible] can affect the binding arou[illegible] the wires.

Don't minimize the impo[illegible] tance of a quilted mattress pad [illegible] sleeping comfort. Choose fro[illegible] one of the fitted pads or f[illegible] types with elastic anchor ban[illegible] at the corners. Fitted pads a[illegible] priced slightly higher but lo[illegible] neater and stay put better. Yo[illegible] mattress pad filling can be cott[illegible] or a synthetic fiber-fill of po[illegible] ester, nylon, or acetate. The l[illegible] ter is more expensive, but re[illegible] resents the best buy since it i[illegible] sists shrinkage and matting, [illegible] quick drying, and keeps its loo[illegible] longer.

Should you decide you'd li[illegible]

those heavy jacquard in cotton or a blend, be ned that most of these e too hefty to be laun- t home. And dry clean- e heavyweights can be- ite expensive.

many quilted bed- can be washed, thanks to spread use of polyester . it's best to check the cturer's hangtags before ceed. If the outer fabric , polyester, cotton, or a r blend, you can prob- sh the spread with safety. e action, however, is hard ting and frequent agita- n break the stitches. rayon, acetate, and silk should always be dry as should linen and fake spreads.

sheer spreads with bil- ounces always look fresh active, be sure the fabric ose has an easy-care fin- erwise, you'll find your- ending needless hours over the ironing board. checking bedspreads for nship, look for neatly edges on all sides. such as fringe and fancy should be securely nd in the case of quilt- k for neat, close stitching. ls are made of cotton ven in a terry weave. The fference is between the ed towel and one with d side. Conventional ter- e loops on both sides (the the weave and the closer s, the better the quality) e in a choice of textures: edium soft, and crisp. (or velour) towels have ir loop tips clipped on , creating a softer, more s texture and a deeper, color. Shearing decreases ncy since the loop tops moisture and for that the reverse side of these s left looped.

tterned towels you have e of prints, applied to one ly, and jacquard designs are permanently woven e towel and won't wear quard effects are created fferent colored yarns or , or both.

ine towel edges to be lvages are uniform and woven for the best wear. l borders should be thick uniform length with a woven plain area above ge. Double-check woven to be sure they're tightly enly woven and secured underside of the towel.

size and number of tow- buy is a purely personal Towel ensembles for the ually consist of three to es: a bath towel (22x24 to 27x50 inches), face or wel (16x26 inches to 16 x30 inches), and a washcloth (12x12 inches or 13x13 inches). You can augment these basics with sheets (the ultimate in bathing luxury), bath mats, and fingertip towels in coordinating solids to team with the matched towel sets.

SIZE GUIDE FOR BUYING LINENS

Mattress size	No-iron flat sheet	Blanket	Bedspread
Twin 38x75″	72x104″	66x90″	80x110″
Full 54x75″	81x104″	80x90″	95x110″
Queen 60x80″	90x115″	90x90″	105x120″
King 72-78x80-84″	108x115″	108x90″	115x120″

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On Thursday, think big. How about barbecued spare ribs with your favorite sauce and a heaping helping of Golden Crinkles®?

Friday's fish day. What could be tastier than a basket of deep fried shrimp resting on a crisp, crunchy blanket of Ore-Ida's Golden Fries®? Each bite is pure gold.

As for the weekend, good luck. By this time the Ore-Ida section of your store's freezer is apt to be empty. Which can leave you feeling the same way.



Good eatin' from Boise.

Buying guide

Most of the products sh
editorially in Better Ho
and Gardens can be obta
in leading local stores.
more information, write
manufacturers listed. S
items are privately ow
or custom made—thus
omitted from the pro
listing.

Yes, you can get a good house for your money!

Page 57 (bottom): Lamp by co
Robert Sonneman Assoc., Inc., 37-5
St., Woodside, N.Y. 11377. Side ch
Modern Mode Inc., P.O. Box 313
Lorenzo, Calif. 94580. Chair and ott
Herman Miller, Inc., Zeeland,
69464.
Page 58 (right): Ottoman Jacks
Danville, Danville, Ky. 40422. Co
Kroehler Mfg., Naperville, Ill. 6054
Page 60 (top): House Product of
berry Homes Corp., 61 Perimeter
East, Atlanta, Ga. 30341. (Bottom):
er and four dining chairs Door
3110 M. St. N.W., Washington,
20007. Lamp next to rocker Georg
vacs, Inc., 831 Madison Ave., N.Y.,
10021. Rug Sears, Roebuck and
925 S. Homan Ave., Chicago, Ill.
Lamp over couch Robert Sonn
Assoc., Inc., 37-50 57th St., Woo
N.Y. 11377. Black chair and ottor
Craft Associates, Inc., 1212 Scot
Wilkes-Barre, Pa. 18705.
Page 61 (top): House Product of
board Building Systems Project,
tion: Doug Ackley, P.O. Box 177,
dard, Calif. 95373. (Bottom left):
couch Thayer Coggin, Inc., South
High Point, N.C. 27262. Carpet
Karastan Rug Mills, 295 Fifth Ave.,
N.Y. 10016. (Bottom right): Yellow
ing and hanging lamps—Wall Cre
of California, P.O. Box 753, Daly
Calif. 94107.
Page 62 (top): House Product of
Lumber, Sonoma, Calif. 95476. (Bot
Sofas Charm Furniture Mfg. Corp.
S. Broadway, Los Angeles, Calif.
Lamp—Esmar Lamp Co., 669 24
Oakland, Calif. 94612.
Page 63 (middle): Carpet Conti
Carpet Mills, 2749 Tanager, City of
merce, Calif. 90022. Dining room
ture—Heywood-Wakefield Co., Ga
Mass. 01440. (Bottom): Area rugs—
Roebuck and Co., 925 S. Homan
Chicago, Ill. 60624. Bar stools
Roebuck and Co. Window shades
Mar Wood Shade Co., 2520 E.
Coast Hwy., Long Beach, Calif.
Range—General Electric, Major
ance Division, Appliance Park, Lou
Ky. 40225. Table and chair—
Jordan Furniture Co., 9860 Gidle
El Monte, Calif. 91734.
Page 65 (top): House—Product of
Mobile Systems, Inc., 10800 Kalam
er Rd., Fountain Valley, Calif.
(Middle): Sofa—Monterey Furn
Monterey Park, Calif. 91754. Wing
—Monterey Furniture. (Bottom)
frigerator/freezer—General Electric
jor Appliance Division, Appliance
Louisville, Ky. 40225.

Ideas to brighten bedroo and bath

Page 86: All bed, bath items—"Es
Yves St. Laurent for Fieldcrest
Inc., 60 W. 40th St., N.Y., N.Y.
Chair—Drexel Furniture Co., I
N.C. 28619. Picture—Turner Mfg
2309 S. Keeler Ave., Chicago, Ill.
Figurine—Phyllis Morris Originals
Beverly Blvd., Los Angeles, Calif.
Page 87 (left): All bath items—"Pi
Burlington Domestics, Div. of Burl
Industries, Inc., 1345 Ave. of the
icas, N.Y., N.Y. 10019. Coffee po
and saucer—Rosenthal U.S.A. Ltd
E. 76th St., N.Y., N.Y. 10018.
Page 87 (right): Towels, border t
shower curtain "Stained Glass,"
carpet—Sears, Roebuck and Co.,
Homan, Chicago, Ill. 60607.
Page 88 (top, left to right): All bed
items—"Paysage," Wamsutta Mills
Broadway, N.Y., N.Y. 10018. (2n
ture) "Maze," J. C. Penney Co., Inc
Ave. of the Americas, N.Y., N.Y.
Bowl—Beylerian Ltd., 253 Fifth
N.Y., N.Y. 10016. (3rd picture) "S
Stripe," The Bibb Company, 104
of the Americas, N.Y., N.Y. 1001
picture)—"Flame Stitch," The Bibb
pany, 1040 Ave. of the Americas,
N.Y. 10018. Hanger—Alan Spig

ifth Ave., N.Y., N.Y. 10010.
ft to right)—"Le Mans," J. C.
, Inc., 1301 Ave. of the Amer-
N.Y. 10019. (2nd picture)
owers," Spring Mills, Inc., 104
., N.Y., N.Y. 10018. (3rd pic-
sicle Stripe," Lady Pepperell
int Pepperell, 111 W. 40th St.,
10018. (4th picture) "Reflec-
rtex by WestPoint Pepperell,
h St., N.Y., N.Y. 10018.
owels, bath mat —"Narcissus,"
ns Co., Inc., 1185 Ave. of the
N.Y., N.Y. 10036.
op, left to right): All bed, bath
adness," J. P. Stevens Co.,
Ave. of the Americas, N.Y.,
. Hand Mirror—Alan Spigel-
225 Fifth Ave., N.Y., N.Y.
picture) "Eighteenth Century
he Bibb Co., 1040 Ave. of the
N.Y., N.Y. 10018. (3rd picture)
ation," J. P. Stevens Co., Inc.,
of the Americas, N.Y., N.Y.
picture) "Highland Gardens,"
WestPoint Pepperell, 111 W.
J.Y., N.Y. 10018. Soap dish—
td., 253 Fifth Ave., N.Y., N.Y.
ottom, left to right) All bed,
ns—"Kilimanjaro," Cannon
. 1271 Ave. of the Americas,
. 10020. (2nd picture) "Tulip
Cannon Mills, Inc., 1271 Ave.
ericas, N.Y., N.Y. 10020. (3rd
oral pattern "Harvest," stripe
Freedom Arch," Burlington
Div. of Burlington Industries,
Ave. of the Americas, N.Y.,
9. 4th picture) "Pageant,"
Domestics, Div. of Burlington
Inc., 1345 Ave. of the Ameri-
N.Y. 10019.
top: Bed linens—"Splashy
bedspread—"Primitive Geo-
all covering—"Bee," and car-
gomery Ward & Co., 619 W.
ve., Chicago, Ill. 60607. Lamp
Tyndale Inc., 230 Fifth Ave.,
. 10001. (Bottom) Bed linens—
Spring Mills, Inc., 104 W.
.Y., N.Y. 10018. Chair—Sears,
nd Co., 925 S. Homan, Chicago,

ith a typical bland

bottom left): Sink and faucet
Kohler Company, Kohler, Wis.

h meals you freeze

top: Casserole—Franciscan,
CE Corp., 2901 Los Feliz
Angeles, Calif. 90039. Bot-
serole—Millard Norman Co.,
dock Rd., Cincinnati, Ohio

left): Casserole—Millard Nor-
1688 Paddock Rd., Cincinnati,
9. (Right): Casserole—Dansk
nc., Radio Circle Rd., Mt. Kis-
0549.
Casserole, "Colorcast" Club
Products Co., 9205 Detroit
eland, Ohio 44102.
top: Casserole—Copco, Inc.,
Ave., N.Y., N.Y. 10001. (Mid-
role—Copco, Inc., 230 Fifth
, N.Y. 10001.

ested Recipes

left): Sterling serving fork and
17 Rogers Brothers," Interna-
er Co., Subsidiary of Insilco,
y St., Meriden, Conn. 06450.
Parfait glasses—Rickes-Crisa
1 W. 74th St., Chicago, Ill.

top left): Goblets & plates—
nal," Lenox, Inc., Prince &
enton, N.J. 08605. Teaspoons—
a," Lunt Silversmiths, Green-
e, 01301. (Bottom left): Parfait
New Charm," Lyon Interna-
er Co., 500 S. Broad St., Meri-
. 06450. (Top right): Platter &
l—Independence Ironstone &
erpace Corp., 240 Cherry Hill
ppany, N.J. 07054. Serving fork
"Colonial Theme," Lunt Silver-
eenfield, Mass. 01301.

ng and using a naker

left to right): Coffee mill—
c., 519 E. 72nd St., N.Y., N.Y.
eolator—The West Bend Co.,
ington St., West Bend, Wis.
ip coffee maker—Norelco, 100
1 Street, N.Y., N.Y. 10017.
General Electric Co., House-
., 1285 Boston Ave., Bridge-
n. 06602. Instant Hot Pot—
e, Inc., Kewaskum, Wis. 53040.

g Greek cheese

top): Sizzle platter—William F.
c., 236 Fifth Ave., N.Y., N.Y.
ine glasses—Dansk Designs,
o Circle Rd., Mt. Kisco, N.Y.
tes—Franciscan, INTERPACE
01 Los Feliz Blvd., Los An-
if. 90039. Small board—Etco,
nd Street, Elmhurst, L.I., N.Y.
ottom): Board—Stoware Wood
., Stowe, Vt. 05672. Knife—
sewares Co., 9234 W. Belmont
nklin Park, Ill. 60131. Sizzle
William F. Fraser, Inc., 236
, N.Y., N.Y. 10010.

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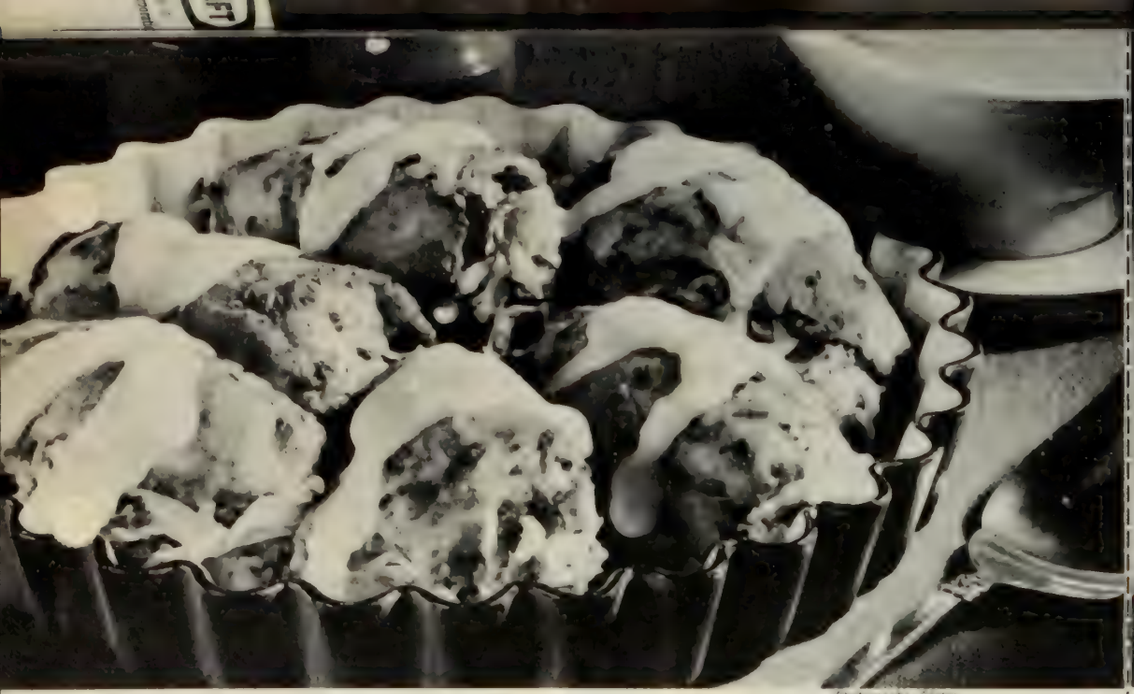
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FILE UNDER POULTRY

CHICKEN ENTREES

Crab-stuffed Chicken Breasts

6 chicken breasts, skinned and boned
½ cup chopped onion
½ cup chopped celery
3 tablespoons butter or margarine
3 tablespoons dry white wine
1 7½-ounce can crab meat, drained and flaked
½ cup herb-seasoned stuffing mix
2 tablespoons all-purpose flour
½ teaspoon paprika
1 envelope hollandaise sauce mix
¾ cup milk
2 tablespoons dry white wine
½ cup (2 ounces) shredded process Swiss cheese

Pound chicken to flatten. Sprinkle with a little salt and pepper. Cook onion and celery in the 3 tablespoons butter or margarine till tender. Remove from heat; add the 3 tablespoons wine, the crab, and stuffing mix; toss. Divide mixture among breasts. Roll up and secure. Combine flour and paprika; coat chicken. Place in 11¾x7½x1¾-inch baking dish; drizzle with 2 tablespoons melted butter. Bake, uncovered, in 375° oven for 1 hour. Transfer to platter. Blend sauce mix and milk; cook and stir till thick. Add remaining wine and cheese; stir till cheese melts. Pour some on chicken; pass remaining. Makes 6 servings. *Mrs. Mark Hoffman, Valparaiso, Ind.*

Cut along dotted line



Buying information, page 112

FILE UNDER DESSERTS

DESSERT PARFAITS

Mocha Toffee Parfaits

Coffee-flavored pudding layered with chocolate sauce and crushed candy—

1 3- or 3¼-ounce package regular vanilla pudding mix
1 tablespoon instant coffee powder
1¾ cups milk
½ cup semisweet chocolate pieces
1 6-ounce can (⅔ cup) evaporated milk
2 chocolate-covered English toffee bars (⅝ ounce each), coarsely crushed
Whipped cream

In medium saucepan, combine pudding mix and coffee powder; gradually stir in milk till mixture is blended. Cook over medium heat, stirring constantly, till mixture comes to boiling. Remove from heat and cover surface of pudding with waxed paper or clear plastic wrap; cool and chill. In small saucepan, combine chocolate pieces and evaporated milk. Cook and stir over low heat till mixture boils and chocolate is melted. Cool and chill. Remove paper from pudding mixture; spoon half the mixture into 4 parfait glasses. Top with half the chocolate sauce and half the crushed candy. Repeat layering in parfait glasses with remaining pudding mixture and chocolate sauce. Top parfaits with whipped cream and the remaining candy. Makes 4 parfaits. *Mrs. Marjorie Lindsay, Bonaparte, Iowa*

Better Homes NEW COOK BOOK

PRIZE TESTED RECIPES
ADD TO YOUR COOK BOOK



Fruited Gelatin Parfaits

Lemon gelatin is filled with fruit and topped with lemon yogurt—

1 3-ounce package lemon-flavored gelatin
¼ teaspoon salt
1 cup boiling water
¾ cup cold water
1 10-ounce package frozen mixed fruit
½ cup lemon yogurt
2 teaspoons sugar

Dissolve gelatin and salt in boiling water; add cold water. Set aside ½ cup mixture. Add frozen fruits to remaining gelatin mixture, stirring carefully to separate fruits. Chill till *partially* set, 10 to 15 minutes; spoon into 6 parfait glasses. Chill till *nearly* set. Meanwhile, chill the reserved ½ cup gelatin till *partially* set. Beat with rotary or electric beater till light and fluffy, 1 to 2 minutes. Stir together lemon yogurt and sugar; fold into whipped gelatin. Spoon mixture atop gelatin in parfait glasses. Chill till set. Makes 6 servings.

Mrs. Robert Bryce, Fairport, N.Y.



Apple Crisp Parfaits

Another time, use two layers of each —fruit, ice cream, and crumbs—in each parfait glass—

1 cup rolled oats
½ cup packed brown sugar
4 tablespoons butter or margarine, melted
1 21-ounce can apple pie filling
¼ teaspoon ground cinnamon
1 quart vanilla ice cream

In 8x8x2-inch baking pan, combine oats, brown sugar, and butter or margarine. Bake in 350° oven for 10 minutes (mixture will be soft). Cool and crumble. Stir together pie filling and cinnamon; divide mixture among 8 parfait glasses. Top with slightly softened ice cream and the crumbled oat mixture. Makes 8 servings.

Mrs. Mary Warthen, Addison, Ill.



Peach-Glazed Chicken

2½- to 3-pound broiler-fryer, cut up
1 16-ounce can peach halves
2 tablespoons lemon juice
2 tablespoons soy sauce
3 tablespoons butter or margarine
1 tablespoon cornstarch

Arrange chicken in 13x9x2-inch pan. Sprinkle with a little salt and paprika. Drain peaches; reserve ½ cup syrup. Combine syrup, lemon juice, and soy. Set aside 4 peach halves; mash remaining. Add mashed peaches to syrup; drizzle over chicken. Dot with butter or margarine. Bake, uncovered, in 375° oven for 45 minutes, baste with sauce. Place peaches in pan; bake 15 minutes more, basting often. Remove to platter; keep warm. Combine cornstarch and 2 tablespoons water; stir into pan juices. Cook and stir till thick; serve with chicken. Makes 4 servings.

Mrs. John Kovar, Ennis, Tex.



Chicken and Rice Balls

½ cup chopped celery
¼ cup sliced green onion
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
¼ cup chicken broth
2 cups cooked rice
1½ cups diced cooked chicken
½ cup (2 ounces) shredded process American cheese.
1 beaten egg
½ teaspoon salt
½ teaspoon chili powder
¼ teaspoon poultry seasoning
½ cup cornflake crumbs
1 can condensed cream of mushroom soup
¼ cup milk
2 tablespoons sliced green onion

Cook celery and the ¼ cup onion in butter or margarine till tender. Blend in flour; add broth. Cook and stir till thick. Stir in rice, chicken, cheese, egg, and seasonings. Form into 12 balls; roll in crumbs. Bake in 13x9x2-inch baking pan in 350° oven for 25 to 30 minutes. Heat remaining ingredients. Serve over balls. Makes 4 servings.

Mrs. Robert A. Burge, West Salem, Ohio

A Log Cabin® breakfast around berry picking time. Salem, Oregon.

Sweet berries and Log Cabin® Syrup over scrumptious sourdough pancakes. That's what breakfast in Salem, Oregon, is all about. Especially this time of year when the berries are just ripe to be picked.

This breakfast became a tradition years ago when pioneers were settling the hillsides and valleys of the American Northwest.

They brought with them their sourdough



starter of flour, water and yeast. Salt, sugar, baking soda and eggs were later added to make wonderful breads, biscuits and pancakes.

What a blessing this sight must have been to those good cooks; fresh wild berries of every imaginable kind growing in fertile abundance in the Oregon soil.

Here are some recipes from the Log Cabin kitchens including special tips on how to make the starter" for the sourdough pancakes.

How to make Sourdough Pancakes.

First make the starter. Sprinkle 1 package active dry yeast into 2-1/2 cups *warm,* not hot, water in large glass mixing bowl. Gradually stir in 3 cups unsifted all-purpose flour; then beat until very smooth. Cover with towel and place in warm, draft-free place for 24 hours to ripen. Mixture should then be bubbly; if not, discard and begin again.) Store in tightly covered glass container in refrigerator. Mixture will keep several weeks.

To make batter, blend 2 cups *warm,* not hot, water and 2 cups unsifted all-purpose flour to starter; then beat until smooth. Cover with towel; place in warm, draft-free place overnight. Measure 4 cups, refrigerate remainder in covered glass container to use at another time; keeps several weeks.

To make pancakes, add 1 egg, slightly beaten, 1/4 cup evaporated milk, and 2 tablespoons salad oil to the 4 cups batter; beat until smooth. Combine 2 tablespoons sugar, 1 teaspoon baking soda, and 1/2 teaspoon salt; add to batter and mix just to blend. Let stand 15 minutes. Bake on hot griddle, turning to brown on both sides. Serve with syrup made from Log Cabin and berries. Makes about 24 to 30 (4-inch) pancakes.

When a woman spends the time and effort to give her family a special breakfast of sourdough pancakes, it seems natural that she'd want to make her berry syrups with a traditional syrup like Log Cabin. After all, the Log Cabin brand has been around this country since 1887. The tartness of fresh berries mingled with the sweet, mellow, rich taste of Log Cabin does justice to even the sourdough pancake.

Log Cabin and Berry Syrup.

Combine 1/2 cup Log Cabin Syrup and 2/3 to 3/4 cup fresh blueberries, strawberries, blackberries, or boysenberries. Serve on pancakes. Makes about 1 cup.



Over the years Americans have discovered how Log Cabin fits right into their own style of cooking. It's been refined and fussed with just to suit America's changing tastes.

GF GENERAL FOODS KITCHENS

Why not try sourdough pancakes for a change topped with a berry syrup made from Log Cabin, one of America's all-time favorites.

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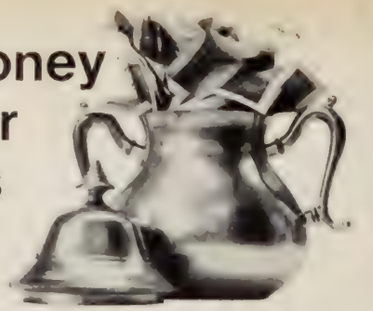


Regal Ware Inc.
Kewaskum, Wisconsin

Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 112 for this shopping information.

Win money for your recipes



PASTA SALADS—PEANUT BUTTER DESSERTS

Do you have a favorite recipe for pasta salads featuring cheese or a zesty dressing? We're also looking for recipes for laurel-winning peanut butter desserts. Send us your favorite recipe for either or both categories today and you could be one of 18 prizewinners next April. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. Selected winning recipes will be pictured on the Prize Tested Recipes pages next April. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

HINTS TO HELP YOU

Pasta Salads can include anything from a unique combination of cheese, meat, or fish to the addition of marinated fruits or vegetables. Maybe you have a special dressing that adds zip. Do you use capers, croutons, corn chips, or crackers as an ingredient? To start you thinking:

noodle lima toss
green noodle-tuna combo
macaroni turkey medley
marinated spaghetti salad
ring macaroni fruit surprise

Peanut Butter Desserts are flavor favorites, and we're hunting for some tasty new variations. Do you add whipped cream, gelatin, nuts, or graham crackers to make a peanut butter dessert that's deliciously different? Do you make a special version of peanut butter pie? Ideas:

peanut butter honey bombe
nutty chocolate parfaits
peanut butter custard
butterscotch peanut squares
peanut butter coffee sundaes

THIS MONTH'S WINNERS

(See recipes on pages 115 and 116.)

Cooks-of-the-Month

Mrs. Mark Hoffman, Valparaiso, Ind.
Mrs. Marjorie Lindsay, Bonaparte, Iowa

Runners-up

Mrs. Robert Bryce, Fairport, N.Y.
Mrs. Mary Warthen, Addison, Ill.
Mrs. John Kovar, Ennis, Tex.
Mrs. Robert A. Burge, West Salem, Ohio

Honor Roll

Mrs. Joan G. Clark, Dallas, Tex.
Mrs. Robert De Huff, Cattaraugus, N. Y.
Nancy Jean England, Oak Ridge, Tenn.
Mrs. Richard W. Falkner, Pownal, Vt.
Mrs. Frank Gould, Little Neck, N. Y.
Mrs. Doris Greer, Wichita Falls, Tex.
Mrs. Pat Heiland, Wrightsville, Pa.
Mrs. Paul Holland, Sylmar, Calif.
Lavon G. Saunders, Chillicothe, Ohio
Mrs. Judith E. Shunk, Chambersburg, Pa.
Mary Ellen Tesh, San Diego, Calif.
Mrs. Wolfgan Weber, St. Clairshores, Mich.

CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and mark it "April Pasta Salads" or "April Peanut Butter Desserts." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, September 30. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7209 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

eezer eals

ns on page 102

K 'N APPLES WITH FFING

enience foods make this ex- st to mix together—

ork tenderloin slices bout 4 pounds)
-ounce cans pie-sliced ples, drained
up brown sugar
os herb-seasoned stuffing x
up chopped celery
up butter or margarine, lted
lespoons instant minced ion
spoon salt
aspoon ground sage
os beef bouillon

d tenderloins; trim off fat. rge skillet, cook trimmings tablespoons drippings ac- late; discard trimmings. kle meat with a little salt pepper. In skillet, brown on both sides. Place in two x7½x1¾-inch baking dish- ombine apples and brown . Spoon over tenderloin s. Combine stuffing mix, , melted butter or marga- onion, salt, and sage; toss beef bouillon till moistened. into ½-cup measure; un- onto each pork tenderloin. r tightly. Seal, label, and e. Bake frozen casserole, ed, in 400° oven for about ours or till pork is done. ish with poached fresh ap-



ices, if desired. (Bake un- casserole in 375° oven hour.) Makes 2 casseroles, vings each.

KEN NOODLE DINNER

get four cups diced chicken two cooked broiler-fryers—

unce can (about 1 cup) ed mushrooms
elopes chicken-noodle up mix
s water
unce cans (1⅓ cups) aporated milk
p butter or margarine
½ cup all-purpose flour
½ teaspoon salt
¼ teaspoon pepper
1 10-ounce package frozen mixed vegetables
4 cups diced cooked chicken
4 well-beaten eggs
½ teaspoon salt

Drain mushrooms, reserving liquid. In saucepan, combine soup mix and water; bring to boiling. Reduce heat, cover and simmer 5 minutes. Strain to separate broth from noodles; reserving both. Divide noodles in half; freeze in two packages. Combine reserved broth, mushroom liquid, and the evaporated milk. In saucepan, melt butter or margarine; blend in flour, the first ½ teaspoon salt, and the pepper. Add broth mixture; cook and stir till thickened. Break up fro-

Continued

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Freezer meals

Continued

zen vegetables with fork; add to broth mixture along with sliced mushrooms and chicken. Turn into two 1½-quart casseroles. Cover tightly. Seal, label, and freeze. Bake frozen casserole, covered, in 400° oven for 1¼ hours, stirring once or twice. *Add Noodle Topper:* For each casserole, combine one package of reserved noodles, 2 of the eggs, and ¼ teaspoon of remaining salt; spoon atop. Bake, covered, 10 minutes more. (Bake unfrozen casserole in 350° oven for 45 minutes.) Makes 2 casseroles, 6 to 8 servings each.



RAVIOLI FLORENTINE

Press spinach in sieve to drain thoroughly—



2 15-ounce cans spinach, well-drained

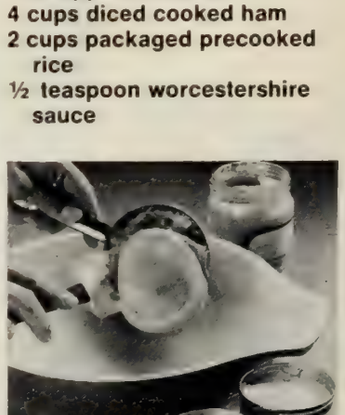
2 pounds ground beef
1 15-ounce can pizza sauce
3 cups cream-style cottage cheese with chives
2 15-ounce cans ravioli in tomato sauce
⅓ cup grated parmesan cheese

Spread drained spinach in two 10x6x1¾-inch baking dishes. In skillet, brown beef; drain off fat. Stir in pizza sauce. Atop the spinach in *each* baking dish, layer one-fourth of the meat mixture, half the cottage cheese, half the ravioli, and the remaining meat mixture. Cover tightly. Seal, label, and freeze. Bake frozen casserole, covered, in 400° oven for 1¼ hours; uncover and bake 30 minutes more or till heated through. Sprinkle each casserole with about 3 tablespoons parmesan cheese. Let stand 10 minutes. (Bake unfrozen casserole in 350° oven for 30 to 35 minutes.) Makes 2 casseroles, 4 servings each.

HAM AND BROCCOLI BAKE

A colorful casserole that keeps well for buffet service—

1 8-ounce jar (1 cup) process cheese spread
2 cans condensed cream of chicken soup
½ cup milk
½ cup chopped onion
4 tablespoons butter or margarine
2 10-ounce packages frozen chopped broccoli
4 cups diced cooked ham
2 cups packaged precooked rice
½ teaspoon worcestershire sauce



In large bowl, blend cheese spread, soup, and milk. Cook onion in butter or margarine till tender. Cook broccoli according to package directions till *almost* tender; drain. Add onion, broccoli, ham, uncooked rice, and worcestershire to soup mixture. Blend into cheese mixture. Turn into two 1½-quart casseroles. Cover tightly. Seal, label, and freeze. Bake frozen casserole, covered, in 400° oven for 1½

Continued on page 128



Let's build something

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sseroles · Vegetable sauces
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af...they're deliciously de-
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Step by step to FREEZING VEGETABLES

When you take a package of frozen vegetables from your freezer this winter, you'll know they're the freshest possible if you've frozen them yourself. Follow these step-by-step instructions to freezing family- and company-size portions of fresh vegetables. See page 84 for freezing fruits.

FREEZING VEGETABLES

1. Garden-fresh, tender vegetables are best for freezing. (Lettuce and salad greens, green onions, radishes, and fresh tomatoes lose crispness and texture when frozen.)
2. Wash vegetables thoroughly in cold running water.
3. Sort vegetables according to size, unless they are cut in uniform pieces.
4. Prepare vegetables according to the chart. See the blanching instructions on this page.
5. Pack vegetables tightly into moisture-vaporproof containers. Leave headspace recommended in chart. Vegetables that pack loosely, like broccoli spears and chopped broccoli, require no headspace.
6. Follow manufacturer's directions for sealing. Wipe sealing edges clean to ensure a good seal.
7. Label containers with contents and date of freezing.
8. Freeze in small batches at 0° or below. It's best to place containers to be frozen against freezer coils or plates. Leave space for air to circulate between packages.

BLANCHING

Blanching vegetables before freezing is a must! Heating impedes the action of enzymes—the culprits that play havoc with color, flavor, and texture once vegetables are picked. Green peppers are the only exception—they maintain good quality if frozen without blanching.

Timings for vegetable blanching are listed in the chart. You will notice times vary not only with different vegetables, but also according to size of vegetable pieces.

How to blanch vegetables in boiling water:
1. Use a blancher with a basket and cover. Or improvise with a wire basket in a large kettle with lid.
2. For each pound of vegetables, use a minimum of 1 gallon boiling water.
3. Place vegetables in blanching basket and lower into rapidly boiling water. A wire cover helps keep vegetables under the water.
4. Cover blancher. Start counting time according to chart immediately. (Heat 1 minute longer if you live 5,000 feet or more above sea level.)
5. Keep heat high during blanching.
6. Plunge basket of vegetables into large quantity of cold or ice water as soon as

Continued

Vegetable	Preparation	Blanching	
		Boiling water	Steam
Asparagus	Sort according to stalk thickness. Wash thoroughly. Trim off tough part of stalk. Cut to package length or in 2-inch pieces. Blanch; cool quickly. Drain. Pack into containers, leaving no headspace. Alternate tip and stem ends when packing. Seal, label, and freeze.	small stalks—2 min. medium stalks—3 min. large stalks—4 min.	
Beans, green	Wash; remove ends. Cut in 1- or 2-inch pieces, or French cut. Blanch; cool quickly. Drain. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.	3 min.	
Beans, lima	Shell. Sort according to size. Or leave in pods. Blanch; cool quickly. Drain. Shell beans in pods. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.	small—2 min. medium—3 min. large—4 min.	
Beets	Wash and sort according to size. Trim off tops leaving ½-inch stems. Cook till tender. Cool quickly; drain. Peel; cut into slices or cubes. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.	small—25 to 30 min. medium —45 to 50 min.	
Broccoli	Wash. Peel stalks; trim. Split lengthwise so flowerettes are no more than 1½ inches across. Blanch; cool quickly. Drain. Pack into containers, leaving no headspace. Alternate stem and flowerette ends in packing. Seal, label, and freeze.	3 min.	5 min.
Brussels sprouts	Trim, removing outer leaves. Wash carefully. Sort according to size. Blanch; cool quickly. Drain. Pack into containers, leaving no headspace. Seal, label, and freeze.	small—3 min. medium—4 min. large—5 min.	
Carrots	Remove tops. Wash; pare. Cut into thin slices, lengthwise strips, or ¼-inch cubes. Or leave whole if small and tender. Blanch; cool quickly. Drain. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.	cut—2 min. whole—5 min.	
Cauliflower	Cut into pieces 1-inch across. Wash thoroughly. Blanch, adding 4 teaspoons salt per gallon water. Cool quickly; drain. Pack into containers, leaving no headspace. Seal, label, and freeze.	3 min.	
Corn, on cob	Husk removing silk; wash. Sort according to size. Blanch; cool quickly. Drain. Pack into containers or wrap in moisture-vaporproof wrap. Seal, label, and freeze.	small ears—7 min. medium ears—9 min. large ears—11 min.	
kernel	Husk removing silk; wash. Blanch; cool quickly. Drain. Cut off kernels. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.	4 min.	
Greens **beet or chard** **kale** **mustard** **spinach** **collards**	Wash thoroughly. Cut and discard thick stems and imperfect leaves. Blanch; cool quickly. Drain. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.	2 min. 2 min. 2 min. 2 min. 3 min.	
Mushrooms	Sort according to size. Wash thoroughly in cold water. Trim off ends. If larger than 1 inch across, slice or quarter. In skillet, cook a small amount of mushrooms at a time in butter or margarine. Cool at room temperature. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.		
Peas	Shell peas. Discard hard peas. Blanch; cool quickly. Drain. Pack into containers, leaving ½-inch headspace. Seal, label and freeze.	1½ min.	
Peppers	Wash; cut out stem. Halve; remove seeds. If desired, cut into strips. For use in uncooked food, pack into containers without blanching. Leave no headspace. Seal, label, and freeze. For cooking purposes, blanch; cool quickly. Drain. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.	halves—3 min. strips—2 min.	
Potatoes, sweet	Sort according to size. Wash. Cook till almost tender with jackets on. Cool at room temperature. Pare and halve, slice, or mash. Dip halves and slices in solution of ½ cup lemon juice to 1 quart water. Mix 2 tablespoons lemon juice with each quart mashed. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.	cook 30 to 40 min.	cook 45 to 60 min.
Squash, summer	Wash. Cut in ½-inch slices. Blanch; cool quickly. Drain. Pack into containers leaving ½-inch headspace. Seal, label, and freeze.	3 min.	
Squash, winter	Wash. Cut into pieces; remove seeds. Cook till soft. Remove pulp; mash. Cool in pan set in ice water. Pack into containers, leaving ½-inch headspace. Seal, label, and freeze.	cook 15 min.	cook 20 min.

How to turn Cool Whip® into something that sounds funny but tastes fabulous.

Peanut Butter Chiffon Pie with Pretzel Crust.



We know. It sounds as though it might be sticky or salty or heavy. But this dessert is incredibly light and outrageously delicious. The secret is Cool Whip® Non-Dairy Whipped Topping. Like magic (because of its natural, light taste), it mellows all of the ingredients into something everyone from your peanut butter kids to your dinner party friends will devour.

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Peanut Butter Chiffon Pie

¾ cup finely crushed pretzel crumbs
3 tablespoons sugar
6 tablespoons butter, melted
1 envelope unflavored gelatin
¼ cup sugar
¼ teaspoon salt
1 cup milk
2 egg yolks, slightly beaten
½ cup creamy peanut butter
2 egg whites
¼ cup sugar
2 cups (or one 4½-oz. container) Birds Eye® Cool Whip® Non-Dairy Whipped Topping, thawed

Combine crumbs, 3 tablespoons sugar, and the butter; press firmly into 9-inch pie pan. Bake at 350° for 8 minutes. Cool.

Mix gelatin, ¼ cup sugar, and the salt in saucepan. Add milk and yolks; cook and stir over medium heat until mixture comes to a boil. Add peanut butter; stir until blended. Chill. Beat whites until foamy. Gradually add ¼ cup sugar, beating until stiff. Fold in peanut butter mixture, then fold in Cool Whip. Spoon into crust. Chill until firm, about 2 or 3 hours. Garnish with chocolate syrup and grated chocolate, if desired.

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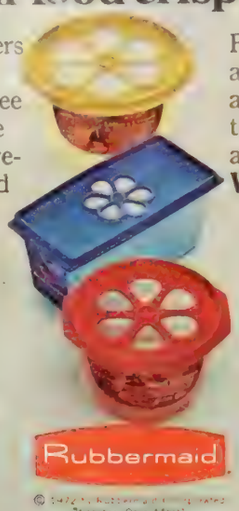
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Freezing vegetables

Continued

blanching time is up. Change the cold water frequently. Count on about the same amount of time to cool as to blanch.

7. Drain vegetables thoroughly.

How to blanch broccoli, sweet potatoes, and winter squash in steam:

1. Use kettle with tight-fitting lid and rack to hold steaming basket 3 inches above bottom of kettle.
2. Pour an inch or two of water in kettle. Bring to boiling.
3. Arrange vegetables in single layer in bottom of basket.
4. Cover kettle and keep heat on high.
5. Start counting time immediately. Use times in chart. (Steam 1 minute longer if you live 5,000 feet or more above sea level.)
6. Plunge basket of steamed vegetables into large quantity of ice water as soon as blanching time is up. Leave vegetables in cold water the same length of time they were blanched.
7. Drain vegetables thoroughly after cooling.

YIELD OF FROZEN VEGETABLES

Generally the following amount of vegetables, as purchased, yields 1 pint frozen.

Vegetable	*Pounds*
Asparagus	1 to 1¼
Beans, limas in pods	2 to 2½
Beans, snap green	⅔ to 1
Beets, without tops	1¼ to 1½
Broccoli	1
Brussels sprouts	1
Carrots, without tops	1¼ to 1½
Cauliflower	1⅓
Corn, sweet in husks	2 to 2½
Peppers, sweet	⅔
Peas	2 to 2½
Spinach	1 to 1½
Squash, summer	1 to 1¼
Squash, winter	1½
Sweet potatoes	⅔

STORAGE TIME

Keep vegetables frozen at 0° or below till ready to use. Most vegetables, if frozen properly, will maintain high quality for 8 to 12 months. Vegetables frozen for a longer period of time are not harmful to eat, but may be less desirable in flavor, texture, and appearance.

Label all frozen foods as to the contents and date of packaging, then keep a chart beside the freezer that indicates when foods are put in and removed. A complete turnover of food within one year is recommended and probably necessary to maintain high quality.

COOKING FROZEN VEGETABLES

Why cook vegetables to death? "Tender-crisp" vegetables have bright color, fresh flavor, better texture, and more vitamins than their overcooked counterparts.

Cook frozen vegetables without thawing (except greens and corn on the cob—partially thaw for more even cooking).

To cook vegetables in water:

1. Bring ½ cup lightly salted water to boiling. (Use 1 cup for limas, and water to cover for corn on the cob.)
2. Add 1 pint frozen vegetable.
3. Cover and return to boiling.
4. Separate pieces with fork.
5. Reduce heat.
6. Cover and cook for time specified in chart below. (Times for high altitudes should be increased slightly.)

Vegetable	Minutes (after return to boil)
Asparagus	5 to 10
Beans, cut green	12 to 18
Beans, French-style	5 to 10
Beans, baby lima	6 to 10
Broccoli	5 to 8
Brussels sprouts	5 to 10
Cauliflower	5 to 8
Corn, whole kernel	3 to 5
Corn, on the cob	3 to 4
Peas	5 to 10
Spinach	4 to 6
Summer squash	10 to 12

To cook vegetables in the oven:

1. Place frozen vegetable in greased casserole.
2. Top with 1 to 2 tablespoons butter or margarine.
3. Season with salt and pepper.
4. Cover and bake for time given in chart below.
5. Stir 15 minutes before cooking time is up and again just before serving.

Vegetable	at 325° (min)	at 350° (min)
Asparagus, cut	65	55
Beans, cut green	55	45
Beans, baby lima*	50	40
Broccoli	55	45
Corn, whole kernel	55	45
Peas	50	40
Spinach	65	55
Succotash	55	45

*Add 2 tablespoons water before baking.

To cook boil-in-bag vegetables:

1. Drop sealed bag of frozen vegetables into boiling water.
2. Do *not* cover.
3. Cook a few minutes longer than for boiling water method.

How to create a recipe worth $25,000.

a with a box of Pillsbury Hot Roll Mix or Pillsbury Coconut Almond or Coconut Pecan
ing Mix, add a dash of imagination—and next thing you know you could be walking
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supply of Pillsbury products. That entry blank could be your ticket to
rly Hills, California, and $25,000!



Quick 'n Chewy Crescent Bars

1 can (8 oz.) Pillsbury Refrigerated Quick Crescent Dinner Rolls
14-ounce can (1⅓ cups) sweetened condensed milk
1 package (9.9 oz.) Pillsbury Coconut Almond or Coconut Pecan Frosting Mix
¼ cup Parkay Margarine, melted

Preheat oven to 400°. Unroll crescent dough; place rectangles in ungreased 15x10-inch jelly-roll pan. Gently press dough to cover bottom of pan; seal perforations. Pour condensed milk evenly over dough. Sprinkle with frosting mix. Drizzle with margarine. Bake at 400° for 12 to 15 minutes until golden-brown. Cool. Cut into bars. Makes 3 to 4 dozen bars.



Quick 'n Easy Pizza

1 package Pillsbury Hot Roll Mix
1 cup warm water
1 can pizza sauce
Your favorite pizza ingredients

Grease pan (14-inch pizza pan or 15x10-inch jelly-roll pan or cookie sheet). In large mixing bowl, dissolve yeast from hot-roll mix in warm water. Stir in hot-roll mix. With greased fingers, pat out dough in prepared pan, forming a rim along edge. Spread pizza sauce over dough. Top with your favorite pizza ingredients. Bake on bottom rack at 425° for 20 to 25 minutes until edges are golden-brown.

Enter the 1973 BAKE-OFF by Pillsbury now!



Freezer meals

Continued on page 120

hours. Uncover and continue cooking for 30 minutes more. Garnish with a sprig of watercress at serving time. (Bake unfrozen casserole in 350° oven for 35 to 40 minutes.) Makes 2 casseroles, 4 to 5 servings each.

CAULIFLOWER TUNA AHOY

Top casserole with buttered crumbs, if desired—

1 cup chopped onion
2 tablespoons water
2 cans condensed cheddar cheese soup
1 6-ounce can sliced mushrooms, drained (about ⅔ cup)
½ cup milk
2 tablespoons snipped parsley
1 teaspoon worcestershire sauce
Dash cayenne
Dash pepper
2 10-ounce packages frozen cauliflower, cooked, drained, and coarsely chopped
2 6½- or 7-ounce cans tuna, drained and broken into chunks

In large covered saucepan, cook onion in the 2 tablespoons water. Stir in soup, mushrooms, milk, parsley, worcestershire, cayenne, and pepper. Fold in cauliflower and tuna. Spoon into two 1½-quart casseroles. Cover tightly. Seal, label, and freeze. Bake frozen casserole, covered, in 400° oven for 1 hour. Uncover; continue cooking 15 to 20 minutes more or till heated through. Sprinkle with paprika. (Bake unfrozen casserole in 350° oven for 15 to 20 minutes.) Makes 2 casseroles, 4 servings each.

HALIBUT OLE

Start with 2 cups long-grain rice to make 6 cups of cooked—

6 cups cooked rice
3 10-ounce packages frozen Mexican-style vegetables, thawed
¾ cup chopped onion
2 tablespoons butter or margarine
3 16-ounce cans tomato sauce
2 cups water
½ teaspoon chili powder
¼ teaspoon ground cumin
⅛ teaspoon garlic salt
3 pounds fresh or frozen halibut fillets, thawed

Combine cooked rice and thawed vegetables. Divide vegetable mixture among three 11¾x7½x1¾-inch baking dishes. In saucepan, cook onion in butter or margarine till almost tender. Stir in tomato sauce, water, chili powder, cumin, and garlic salt. Top each casserole with 1 pound fish fillets. Pour tomato sauce evenly over the three casseroles. Cover tightly. Seal, label, and freeze. Bake frozen casserole, covered, in 400° oven for 1½ hours or till fish flakes easily with fork. To serve, garnish with lemon slices and sprigs of watercress. (Bake unfrozen casserole in 350° oven 30 to 35 minutes or till fish is done.) Makes 3 casseroles, 4 servings each.

SEAFOOD MACARONI CASSEROLE

Cereal topper toasts itself during baking—

2 7¼-ounce packages macaroni and cheese dinner mix
3 cans condensed cream of chicken soup
3 4½-ounce cans shrimp, drained
1½ teaspoons worcestershire sauce
¼ teaspoon white pepper
1½ cups crisp rice cereal squares, crushed

Prepare macaroni and cheese dinner mix according to package directions *except* increase total amount of milk called for to 1½ cups. Stir in soup, shrimp, worcestershire, and pepper. Turn into three 1-quart casseroles. Cover tightly. Seal, label, and freeze. Bake frozen casserole, covered, in 400° oven for 1½ hours. Uncover and stir. Sprinkle ½ cup crushed rice squares atop each casserole. Bake 15 to 20 minutes more or till heated through. Garnish with endive and pitted ripe olives, if desired. (Bake unfrozen casserole in 350° oven for 45 minutes.) Makes 3 casseroles, 4 servings each.

TUNA LASAGNA

A trio of cheeses makes this full-flavored—

16 ounces lasagna noodles
1 cup chopped onion
2 cloves garlic, minced
4 tablespoons butter or margarine
4 6½- or 7-ounce cans tuna, drained and flaked
2 cans condensed cream of celery soup
⅔ cup milk
1 teaspoon dried oregano, crushed
¼ teaspoon pepper
8 slices (12 ounces) mozzarella cheese

Continued

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Mrs. Lovit's INSTANT CHICKEN CASSEROLE:

Mix one can (10½ oz.) condensed cream of chicken soup, ⅓ cup water, ¼ cup chopped scallions, one can (6 oz.) sliced mushrooms drained, one jar (4 oz.) pimientos drained and diced, 1 egg, well beaten, ½ tsp. garlic powder, 2 cups diced cooked chicken and 4-6 oz. uncooked spinach green or medium width egg noodles—cook and drain noodles. Spoon mixture into one Cooking Magic Bag Medium Size. Seal and freeze. At serving time place frozen bag into boiling water and cook at a boil 20 to 25 minutes. Pour out on a platter and garnish with toast points, parsley and radish roses. Serves 4-6.



Cooking Magic bags...for roasting, freezing, boiling...the Jack-of-all-bags.

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Freezer meals

Continued

16 slices (16 ounces) process American cheese
1 cup grated parmesan cheese

Cook lasagna noodles according to package directions; drain. In medium saucepan, cook onion and garlic in butter or margarine till tender. Add tuna, celery soup, milk, oregano, and pepper. In each of two 12x7x1½-inch baking dishes, arrange one-fourth of the noodles, half of the tuna sauce, slices of mozzarella cheese, American cheese, and the grated parmesan. Top with remaining noodles. Cover tightly. Seal, label, and freeze. B[ake] zen casserole, covered, oven for 1½ hours or til through. Garnish with fr[esh] nel tops and pickled red [cherries] if desired. (Bake unfroze role in 350° oven for 30 or till heated through.) casseroles, 6 to 8 servin

SWEET POTATO TURK

Top with a tomato "poin

2 18-ounce cans vacuu packed sweet potato
4 tablespoons butter o margarine, melted
¼ teaspoon ground nu
¼ teaspoon ground a
½ teaspoon salt
1 cup chopped onion
2 tablespoons butter o margarine
2 cans condensed crea mushroom soup
4 cups diced cooked tu
2 10-ounce packages f corn, peas, and toma

Mash sweet potatoes; bea melted butter or margar spices, and salt. Line tw pie plates with sweet pot ture, building up the edg ½ inch high. In skill



onion in the 2 tablespoon till almost tender. Add s turkey. Break up froze tables; stir into soup r Spoon into prepared shel er tightly. Seal, label, and Bake frozen casserole, c in 400° oven for 2¼ hou cover and bake 15 minute (Bake unfrozen casserole oven for 30 minutes.) M casseroles, 6 servings eac

REUBEN BAKE

This will remind you of t sic sandwich—

2 27-ounce cans sauerk snipped
16 ounces thinly sliced corned beef
1 cup thousand island dr
2 cups (8 ounces) shred process Swiss chees
1 recipe Rye Biscuits
¼ cup butter or margar melted

Drain sauerkraut, reservi cups liquid. Cut corned b bite-size pieces. Combine



the 1⅓ cups liquid, the corned beef, thousand ressing, and Swiss cheese. in bottom of two 10x6x h baking dishes. Cover Seal, label, and freeze. rozen casserole, covered, oven for 1½ hours. Un- op each casserole with 12 rozen Rye Biscuits; brush tablespoons of the melted or margarine. Continue 15 minutes more or till are golden. (Bake un- casserole in 350° oven to 45 minutes. Increase ature to 425°. Top with . Brush with 2 tablespoons butter. Bake 15 minutes r till golden.) Makes 2 les, 6 servings each.

SCUITS
ps sifted all-purpose

oons baking powder
oon salt
ps stirred rye flour
oon caraway seed
shortening
lus 2 tablespoons milk

gether all-purpose flour, powder, and salt; stir in ir and caraway seed. Cut tening till mixture resem- rse crumbs. Make a well er; add milk all at once. t till dough clings togeth- n onto lightly floured sur- Knead gently 10 to 12 Roll or pat dough ½ ick. Dip biscuit cutter in flour; cut dough straight without twisting to make uits. Place on ungreased sheet. Freeze solid. Re- from baking sheet; wrap stic bag and return to

BURGUNDY PIE
e will be thin before —

all-purpose flour
oons salt
spoon pepper
ds round steak, cut in ch cubes
s garlic, minced
cooking oil
condensed beef broth
burgundy
spoon dried dillweed, hed

Continued

FRENCH PIZZA.



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Freezer meals

Continued

½ teaspoon dried marjoram, crushed
2 8- or 9-ounce packages frozen artichoke hearts, cooked and drained
3 cups fresh mushrooms, sliced
⅓ cup all-purpose flour
½ cup water
1 recipe Drop Biscuits

Combine the first ⅓ cup flour, the salt, and pepper. Toss meat in mixture to coat. In Dutch oven, brown meat and garlic in hot oil. Add beef broth, burgundy, dillweed, and marjoram. Simmer, covered, for 1½ hours, stirring occasionally. Add cooked artichoke hearts and the mushrooms; cook 10 minutes more. Combine the remaining flour and the water. Stir into beef mixture. Cook and stir till thickened and bubbly. Turn into two 2-quart casseroles. Cover tightly. Seal, label, and freeze. Bake frozen casserole, covered, in 400° oven for 1½ hours, stirring to break up mixture. Cover and continue baking 30 minutes more. Uncover; top with Drop Biscuits. Bake 15 minutes more or till biscuits are browned. (To bake unfrozen casserole: Top with Drop Biscuits. Bake in 400° oven for 12 to 15 minutes or till biscuits are browned.) Makes 2 casseroles, 6 servings each.

To make Drop Biscuits: For each casserole, prepare 1 cup packaged biscuit mix, according to package directions for drop biscuits. Spoon 6 biscuits around edge of casserole.

ORIENTAL GREEN CASSEROLE

Serve with wine for company—

3 pounds ground beef
1 cup chopped celery
1 cup chopped onion
¾ cup chopped green pepper
3 cups water
⅓ cup cornstarch
1 tablespoon sugar
¾ teaspoon ground ginger
¾ cup soy sauce
⅓ cup water
2 7-ounce cans bamboo shoots, drained
2 6-ounce packages frozen pea pods, thawed
2 10-ounce packages frozen peas
3 3-ounce cans chow mein noodles

In very large skillet or Dutch oven, cook ground beef, celery, onion, and green pepper till meat is browned; drain. Add the 3 cups water; bring to boiling. Combine cornstarch, sugar, and ginger; blend in soy sauce and the ⅓ cup water. Add to beef mixture; cook and stir till thickened and bubbly. Stir in bamboo shoots and pea pods. Break up frozen peas; add to beef mixture. Turn into three 1½-quart casseroles. Cover tightly. Seal, label, and freeze. Bake frozen casserole, covered, in 400° oven for 1½ hours, stirring once or twice during baking. Uncover; top with chow mein noodles and bake 5 to 10 minutes more. (To serve without freezing: Simmer in skillet till heated through and vegetables are tender. Serve over chow mein noodles.) Makes 3 casseroles, 4 to 5 servings each.

Freezer tips

* Undercook foods that you intend to freeze. Cook vegetables till just tender-crisp. Cook pasta *al dente*.
* Keep accurate freezer records. Date each package and label the contents. It's a good idea to list the number of servings or the amount of the contents, too.
* Keep a freezer log of ingoing and outgoing foods.
* A complete turnover of food within one year is highly recommended and probably necessary to maintain high quality.
* Casseroles made with chicken, fish, or meat may be stored at 0° for 2 to 4 months.
* Generally, refreezing thawed foods is not recommended. However, if the meat or fruit has ice crystals, you may refreeze but the quality will be lowered. Texture becomes undesirable—fruits turn mushy and meats become dry.
* Freeze in freezer-to-oven containers to prevent breakage due to extreme temperature changes.
* Some flavors are changed during freezing. Salt and onion flavors decrease in potency, while cloves, curry, and garlic increase in intensity.
* To save casserole expense, line a freezer-to-oven dish with foil. Pour in the casserole and freeze solid. When frozen, remove the foil package and the casserole dish can be reused. Remove foil from frozen mixture and return to same casserole to bake.
* If your power supply should go off, keep the freezer door closed. If the freezer is full, the contents will remain frozen for at least two days; if it is half full, for at least one day. ■

To love, honor, obey and always serve lamb chops with peas.

Peas are very nice with lamb chops. But not for 50 years in a row. Surprise somebody with lamb chops and Minute® Rice in some zesty concoction that's almost as easy to make as cooking a batch of peas. Minute Rice. Easy as a main dish. Easy as a side dish. Easy as a salad. Minute Rice. To help you love, honor, and stay out of ruts.



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1 RICE WITH MUSHROOM SAUCE

1 small onion, sliced
3 tablespoons butter or margarine
2 tablespoons all-purpose flour
1½ cups Minute® Rice
1½ cups water*
1 bouillon cube
1 can (4 oz.) sliced mushrooms

*Or use 1¾ cups water for more moist rice.

Add onion to melted butter in large skillet. Stir in flour; cook and stir until mixture is lightly browned. Stir in rice. Gradually stir in water. Add bouillon cube and mushrooms. Bring to a boil, stirring constantly. Cover, reduce heat, and simmer 5 minutes, stirring occasionally. Makes 4 to 6 servings.

2 CHICKEN SKILLET

2½ pounds frying chicken pieces
salt and pepper
2 tablespoons butter or margarine
1½ cups water
1 can (10½ oz.) condensed cream of chicken soup
1 package (10 oz.) Birds Eye® 5 Minute Mixed Vegetables
1½ cups Minute® Rice

Season chicken with salt and pepper. Brown well in butter over high heat in skillet. Add water and bring to a boil; cover and simmer 25 minutes, or until chicken is tender. Push to one side of skillet or remove to serving platter. Stir remaining ingredients into skillet. Bring to a boil; cover and simmer 5 minutes, or until most of liquid is absorbed. Makes 4 servings.

3 RICE PARMESAN

1½ cups Minute® Rice
½ cup chopped onion
¼ cup butter or margarine
1½ cups water
1 bouillon cube
¼ cup grated Parmesan cheese

Sauté rice and onion in butter in skillet until lightly browned. Add water and bouillon cube; bring to a boil, stirring until cube is dissolved. Cover; remove from heat. Let stand 5 minutes. Stir in cheese. Makes 4 servings.



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A hearty family special. Barbecued beef and Hungry Jack Flaky Biscuits topped with cheese—hot from the oven. Add a tossed green salad and buttered green beans and you've got it made. Just right for great big appetites.

Hungry Jack Beef Casserole

1 lb. grd. beef
1 tsp. salt
16 oz. can pork and beans
¾ c. Kraft Barbecue Sauce
2 T. br. sugar
1 T. instant minced onion
1 can (9.5 oz.) Hungry Jack Refrigerated Flaky Biscuits
1 c. shredded Cracker Barrel® Cheddar Cheese

Preheat oven to 375°. Brown ground beef, drain. Stir in next 5 ingredients; heat 'til bubbly; pour into 2 qt. casserole. Cut biscuits in half to form 20 half circles. Place cut-side-down around edge of casserole. Sprinkle with cheese. Bake at 375° 25 to 30 min. 'til biscuits are golden brown. Refrigerate any leftovers. Serves 4 to 6.



♪♪ Say hello to Hungry Jack Dough. ♪♪ Pillsbury

Choosing and using a coffee maker

SMALL ELECTRICAL APPLIANCES

Photograph: Hopki



Was your morning cup of coffee as tasty as you think it should be? If not, the culprit could be the coffeepot. Here are some tips to help brighten your next coffee break.

Coffee makers

There are several ways to make coffee, and each method has its ardent advocates. Once you find the technique that suits you, stick with it.

Drip method: Drip coffee is made by pouring near-boiling water over the ground coffee in a basket. (A filter can also be added for clearer coffee.) The coffee then drips down into a lower container. The pot shown in the center of the picture heats the water in the reservoir, then pumps the water up and allows it to drip over the ground coffee in the upper container. There are a few electric drip coffee makers available, but most are non-electric.

Vacuum method: In a vacuum-type coffeepot, the boiling water in the bottom container is forced up into the top where it bubbles with the ground coffee. After the coffeepot is removed from the heat, the coffee returns to the bottom container. Vacuum coffeepots are non-electric except ones designed for institutional food service use.

Percolator method: When a small amount of water in the percolator is heated, the remaining cold water forces the heated water through a tube in the center of the pot and into a basket where it is distributed over the ground coffee. The water then flows through the coffee and drains back into the pot. When the water reaches a preset temperature in an electric percolator, a lower wattage keep-warm element is activated to maintain serving temperature. Percolators are the most popular coffee makers. Electric and non-electric models are available.

If you drink instant coffee, a container of hot water is essential. An electric teapot or a small all-purpose pot such as the one shown at right in the photograph could give you instant service. Just put sufficient water in the pot, plug it in, and you'll have a cup of coffee in next to no time.

Buying an electric percolator

Most electric percolators have a brew selector that allows you to choose mild, medium, or strong coffee. When set for strong brew, the coffee maker reaches a higher temperature, producing a longer brewing time.

Another feature is the keep-warm setting. Coffee that is cooled and then heated will have less flavor than if it had been kept at a constant warm temperature.

Some manufacturers have put a plastic tip on the stem so you can remove the stem without burning your fingers. Another helpful feature is a gauge that lets you see how much

vater is in the pot when you're filling it, or how much rewed coffee is left. An indicator light lets you know when he coffee is ready.

Still another feature you may want to consider is a miniature brewing basket that lets you make a smaller amount of offee in a large pot. If you don't have a mini basket, don't ry to brew less than three-fourths the pot's capacity. When hoosing a coffeepot, make sure it will be easy to clean. Watch out for long spouts, difficult lids, easily stained interiors and exteriors. A pot that is completely immersible n water is easier to clean.

The coffeepot should be well balanced. Check by lifting it nd pretending to pour from it. Don't forget it will be hot nd full when you actually pour so check any areas where our knuckles may touch the pot, such as near the handle. Electric percolators come in a variety of materials such as tainless steel, plastic, aluminum. The surface may be patterned, colored, shiny, or dull. Pots range in size from four ups to 100, so you're sure to find one just the right size.

Coffee maker care

If your coffeepot is new or has been stored for a while, be ure to wash it thoroughly with soap and water before using. Never immerse a pot in water unless you are positive it is mmersible. (Once an immersible pot has been dismantled, ever consider it immersible again because the waterproof eal has been broken.) All the parts should be washed in hot, udsy water and rinsed thoroughly. To get the spout and asket stem clean, use a brush designed to clean coffee nakers. It's also handy for cleaning any other hard-to-clean lace in the pot.

If the interior is stained with coffee oils and the coffee as begun to change flavor, or you just want to give the pot n extra good cleaning, use a commercial coffee-stain remover according to package directions, or try this "home emedy." Fill the pot with water and add one tablespoon of aking soda for each five cups of water. Then plug in the ot and brew the same as you would a cup of coffee. Rinse ell and dry.

Coffee know-how

Much depends on the grind and blend of coffee you put in he pot. Choose the grind that is right for your type coffee naker. For the electric percolator, select a regular or coarse rind or the pre-measured container that fits into the perolator basket. Choose fine grind for vacuum coffeepots and nedium grind for drip. Or, grind and blend your own coffee eans. Coffee should be stored tightly covered in the refrigerator; it will stay fresh for about a week.

The standard recipe for coffee is two level measuring ablespoons of coffee for each ¾ standard measuring cup f water. According to the Association of Home Appliance Manufacturers, a cup of coffee equals five ounces of brewed offee. Five and one-half ounces of water are needed to make cup of coffee in an electric coffee maker. A percolator-type vorks best when filled to at least three-quarters capacity.

Coffee should be served immediately after brewing. Remove the basket with the used grounds before serving.

Coffee grinders

Mixing your own favorite blend of coffee can become an ntriguing hobby. All you need are some coffee beans and an lectric coffee grinder such as the one in the photo on the eft, or a coffee mill. A variety of different types is available. Try them out in the store if possible, and consult friends who use coffee grinders. When you shop for a grinder, check he capacity, the method of measuring the amount of beans, nd the way the finished grind is measured. The grind should ary from coarse to fine, Some grinders will grind enough or eight to ten cups. As a safety precaution, make sure the rinder you buy operates *only* with the lid on.

You can use an electric blender for grinding coffee beans, ut you may not get as even a grind. There are coffee-grinding ttachments for mixers and some built-in appliances.



Fix some easy Cheese 'n Wiener Crescents with a bowl of hot tomato soup, plenty of crunchy carrot and celery sticks and a big glass of milk. Cheese 'n Wiener Crescents. The hot dogs that are wrapped up in good taste.



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8 wieners
8 strips Cracker Barrel® Cheddar Cheese
1 can (8 oz.) Pillsbury Refrigerated Quick Crescent Dinner Rolls

Preheat oven to 375°. Slit wieners to within ½-inch of ends; insert cheese strips. Place on wide ends of triangles; roll up. Place on cookie sheet, cheese side up.
Bake at 375° 10 to 15 min.
'til golden brown.
Refrigerate any leftovers.



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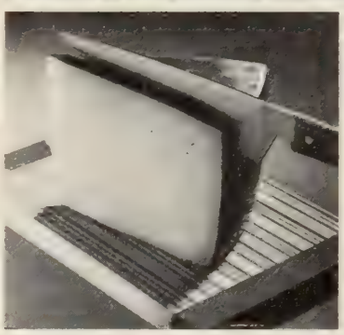
Gather a few friends around the coffee table for one of the most spectacular appetizers ever . . . Flaming Greek Cheese. If there's a Greek or Italian food specialty shop near you, they probably have a wheel of kasseri, a hard cheese covered with a black wax coating. You'll need a small wedge to cut into ¼-inch-thick slices. Place the slices on a steak sizzle platter, as we did, or an oven-proof skillet, small baking sheet with edges, or pie pan. Broil till the cheese becomes soft and bubbly. You'll notice fat seeping from the slices, too. Meantime, have some brandy warming, preferably metaxa, a slightly sweet, deep-colored Greek brandy. Ignite it with a long match and pour over the soft cheese. As the flame spreads, even the fat will start to blaze. Then pierce a lemon half with a fork and squeeze the juice over the entire surface, extinguishing any of the remaining flames. Your guests should have cheese knives poised, ready to spread the exotic cheese on toasted bread. Spoon some of the luscious lemon-flavored juice over each serving.

If you've set a Greek theme for the evening, serve retsina or another Greek wine. (Ouzo, although an aperitif, may be too strong-flavored for this particular appetizer.)

In case you can't locate kasseri, you may use mozzarella, but do not expect it to be as flavorful or have quite the same texture as the Greek cheese.

Buying information, page 11





FLAMING GREEK CHEESE
4 ounces kasseri cheese
2 tablespoons metaxa, or another brandy
Half lemon
Sliced Italian, French, or Greek bread, toasted

Place ¼-inch thick slice of kasseri on sizzle platter, oven-going skillet or pie pan. Broil approximately 7 minutes or till cheese is just soft and the surface bubbles slightly. Flame warm metaxa and pour over cheese. Squeeze lemon over cheese. Spread on thin slices of toasted bread. Makes 4 servings.



Photographs: Diete



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"I'm the thirty-year-old and have two children," says Mrs. Georgene Kovner on the right. "I think hands can really give away your age," she says. "That's why I take care of mine in many ways. I never wash dishes with anything but Ivory Liquid. It's so mild. I honestly do believe it helps my hands stay young looking."



Advertisement

HOW TO BUY A USED APPLIANCE

Don't look down on a less-than-new appliance. It may lack glamour but it can be a hard-working addition to a vacation home, recreation room, or young-marrieds' first apartment. And, a used but still usable appliance can be a real lifesaver if your equipment happens to conk out when your finances are at low ebb. Of course there's a certain element of risk when you buy a used appliance but you can make it less of a gamble by following these guidelines.

Before shopping for any major appliance, look over the *new* models. Familiarize yourself with current prices and features. This will help you judge if the price of the used equipment is reasonable.

How old is the appliance? There's no way to know exactly how long it will last but one survey conducted a few years ago gives these clues to appliance life expectancy: refrigerators, 16 years; ranges, 14 years; automatic washers, 11 years; clothes dryers, 14 years. Of course, many appliances last longer, others a shorter time, depending on care and use. Generally, recent models require less service and have longer life.

Where you buy is important. A reputable dealer of new appliances may also sell used equipment. He usually knows the condition of the appliance and in some instances has rebuilt it. He may offer some guarantee and can supply parts and service. Ask about delivery and installation, too.

If you buy directly from the owner, you're on your own. Start by checking the general appearance of the appliance. Then ask these questions. Did the owner buy it new? Have there been any problems requiring service or repair? How much has it been used? (The size of the family may give you a clue.) Ask why the appliance is being sold, if the guarantee is still in force, and if you as the new owner would be covered. Check also the availability of parts and service locally.

Charitable organizations, secondhand stores, and thrift shops sometimes have used appliances to sell. The price may be less but don't expect a guarantee.

REFRIGERATORS

Check the outside of the refrigerator for any evidence of mishandling or damage. The inside should be clean and free from mold or odor; all the shelves and accessories should be in place and in good condition. Make sure the gasket around the inside of the door is pliable to assure a tight seal. As a test, close the door on a sheet of paper. If the paper is easily pulled out, the gasket needs replacing.

What type freezing compartment does the refrigerator have? Does it automatically defrost? Some convenience features may not be necessary for you but you should know what you're buying. Consider your needs such as size, right- or left-hand door opening, kitchen arrangement, and space available for the appliance.



RANGES

When shopping for a used range, check the overall appearance. Be sure the controls work properly, and all knobs are in place. The oven door should close tightly. If it doesn't, you'll lose some heat and the oven will not bake evenly. Look inside. The oven should be clean and free from rust, and the oven racks in good condition. Also check the condition of the broiler pan. If you are looking at gas ranges, note if there are pilot lights for the top burners and oven or if you need to use a match to light the burners. The burners should be adjusted for the kind of gas you have available, either natural or bottled gas (LP). Make sure the burner grates fit tightly and there's a bowl beneath each burner to catch the drips.

In checking an electric range, see that all surface units work. If there is an automatic clock to control the oven, it should work. The clock control may not be essential but it's a bonus feature. If possible, have the range connected so that you can get these answers yourself.

AUTOMATIC WASHERS

An important consideration is the amount of use the washer has had. If owned by a family with small children, it has probably been used five or six days a week. In addition to checking overall appearance, check knobs and dials that regulate water temperature and washing time to see that they work. Feel the inside—is the tub smooth? Does it show any signs of rust? Inquire if and when parts have been replaced. How is the washer leveled? Check safety features too. Do agitation and spinning stop when the door is opened? You may want to know whether the washer has wash cycles to handle delicate items, permanent press, and small loads, and whether or not there is a soak cycle.

Ask if there's a use and care book for the washer. Each model operates somewhat differently. Is there a warranty and for how long? What does it cover and who backs it?

AUTOMATIC DRYERS

Find out how old the dryer is and look for evidence of hard use. Make sure controls and dials work. The dryer may have different fabric cycles and a choice of drying temperatures, or it may have only a timed dry cycle. There should be no sign of rust, and the lint trap should be in good condition and easy to remove. Check to be sure the drum is smooth. If not, garments will snag. How is the dryer vented? Will it fit into the space you have available? Can you foresee any installation problems such as leveling? As a safety precaution, see that the dryer drum stops when the door is opened. Ask for a use and care book for the dryer model that you are considering. If there is a guarantee that comes with the unit, find out how long it's good and who backs it. ■

How to beat the high cost of decorating...

DYE-CRAFT with RIT.

It's so easy to transform a room with simple Dye-Craft techniques and Rit® Dye. You can Dye-Craft cotton sheets and make an imaginative patchwork room divider. A window shade becomes a showpiece covered with Dye-Craft patchwork. And dyeing solid colors, even a rug, is push-button easy in your washer. Try Dye-Craft. It's fun and so rewarding!



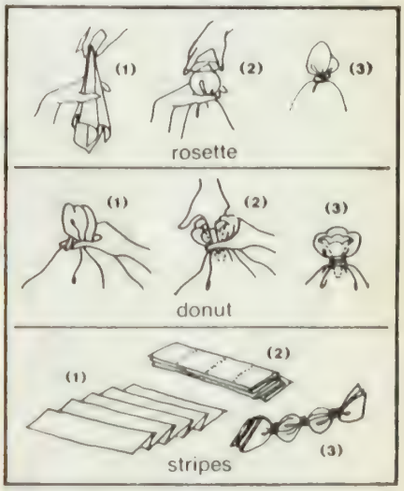


Instructions in the opposite column for Dye-Craft with Rit.

Dye-Craft is easy.

Combine these simple techniques with solid colors for your own original room design:

For room divider and window shade make tie-dye designs on cotton sheets and cut into patchwork. To tie-dye rosette, pinch up fabric and band tightly. For donut, push center of puff back in with finger and secure with bands. For stripes, gather or fold fabric then band at intervals where stripes are desired. Always simmer in Rit® Dye for about 30 minutes and rinse thoroughly before and after untying.



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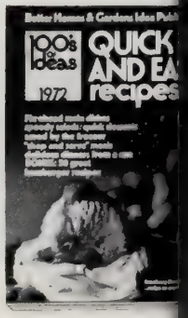
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Parents and schools

Begins on page 74

The cabin fever program

Cabin fever is a malady contracted from doing too much housework without sufficient intellectual and social stimulation. Some school districts have begun daytime adult education classes for housewives. The women, and sometimes a few men, come to school during the day to study child development, psychology, poetry, modern novels, counseling, or any other area of interest. Such courses give housewives a better understanding of the schools, as well as their children. And studies indicate that when parents go to school during the day, their children's schoolwork improves.

Intergovernmental programs

A school district is a unit of government. As such it can cooperate in various ways with other units of government. Cooperative programs can be developed with park districts, water districts, and city and county governments. The school also has a natural partnership with the public library.

All of these units share the public taxes. Working cooperatively, they can conserve resources and give better service to the community. Governmental units, other than schools, can also assist in the school curriculum. Government can be taught with the help of public officials. Ecology can be taught with the help of the water district. Literature can be studied at the public library. And recreational courses can be developed in cooperation with the parks and recreation district.

Volunteer talent pool

Talent exists among school staff members as well as citizens in the community. These talents can be shared by the schools and the community under the volunteer talent pool program. The volunteer pool is a combination of school people who are willing to utilize their talents "in the community," and community people who are willing to utilize their talents "in the schools." Usually a community group makes a survey of school and community personnel to locate volunteers. The volunteer talent pool is organized into speakers and lecturers, program development specialists, consultants, and resource people in all areas of school and community interests. Retired people often find joining this group especially rewarding.

A list is usually developed which describes the volunteer talent pool, and all schools and community agencies are given a copy. The use of talent pool participants is arranged by the individual school or agency. There is no charge for volunteer talent pool services.

An effective volunteer talent pool program has been established in the Cherry Creek District, Englewood, Colorado 80110. The program not only enriches the schools and the community; it also establishes a strong stake in the success of learning for both school people and community.

Volunteer aide programs

People are needed to help with a host of jobs in our schools. They need teacher aides, office aides, library aides, playground aides, lunchroom aides, bus supervisors, and many more. Volunteer aide programs have been established in thousands of schools across the nation. Parents help in classrooms, in offices, in libraries, in learning centers, on the playground, in cafeterias, and on buses. Wherever there are large numbers of pupils, volunteer aides are needed.

These are only some of the ways that the community aides can assist the schools. Under volunteer aide programs, common educational goals seem less distant and terms like learning, school, community, and teacher take on new meaning. A good volunteer aide program is found at Independent School, Castro Valley, California 94543.

Teacher-parent education (PTA)

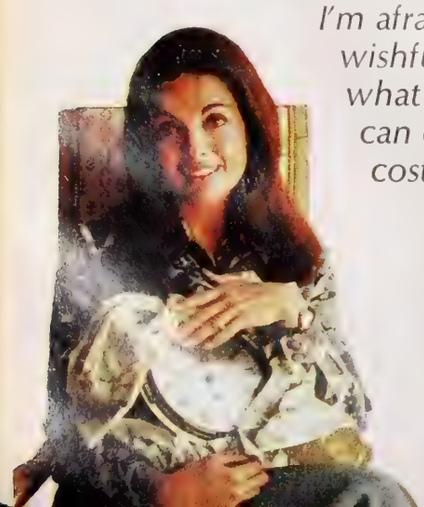
Over the years, the National Congress of Parents and Teachers has helped inform parents about school needs and school problems. The PTA has involved thousands of parents in helping the schools provide better services to children.

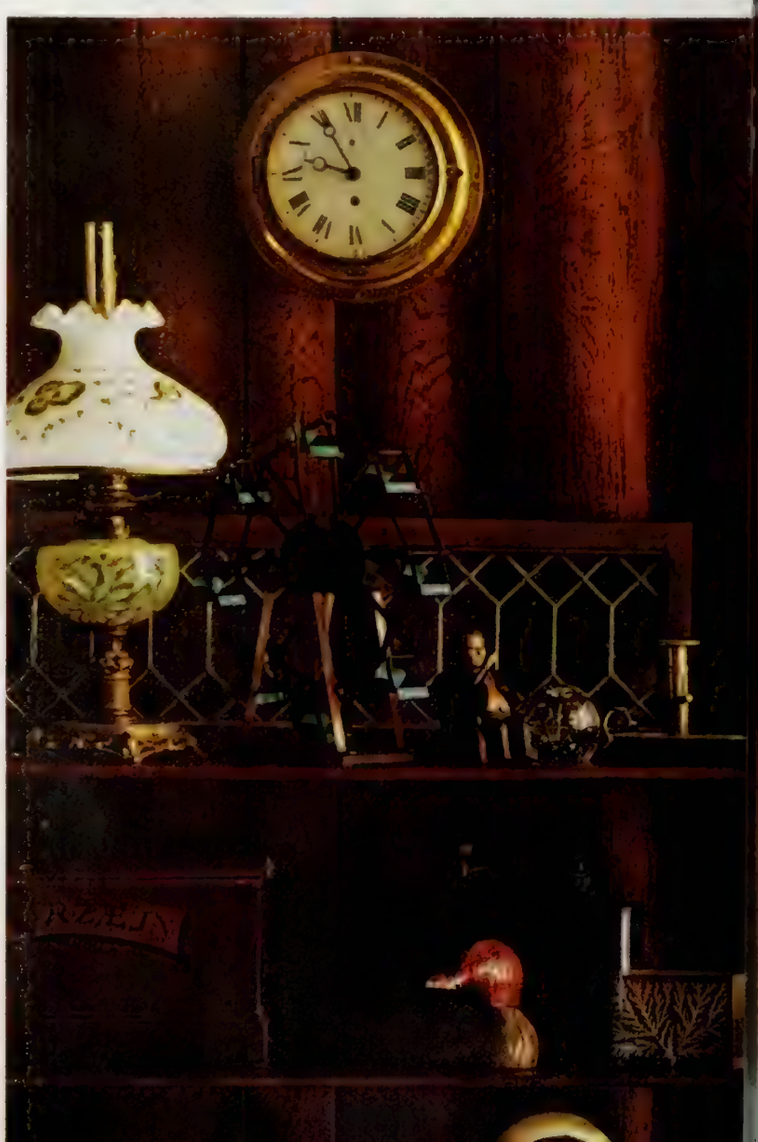
Throughout the country, PTA chapters have worked for school legislation, supported education reform, and raised millions of dollars. They have been the backbone of parent participation in school affairs.

Membership in PTA is inexpensive, and it's valuable to both school and community because it provides an excellent vehicle for communication.



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Health services

Most schools do not have sufficient personnel and resources to provide adequate health services to the children. In many communities, parents have organized to assist with screening children for handicaps and potential health problems. These parents conduct visual and hearing tests, assist with dental checks, collect and organize health records, and volunteer as aides to school nurses. Many schools who are without nurses need assistants who are trained in first aid. Communities can also provide facilities for education in health service careers. Such learning areas can be established in hospitals, in clinics, in laboratories, and in medical and dental offices. Medical and dental personnel can also assist with lectures, special programs, and assemblies. Especially critical at the moment is assistance with family living, health education, drug education, and sex education curricula.

COULD program

High School District 214, Mount Prospect, Illinois 60056, actively cooperates with a Community Council on Understanding Learning Disabilities (COULD). The Council represents the various disciplines that are attempting to learn more about why certain children have difficulty learning in traditional ways. The Council makes recommendations to the school system and assists in developing curriculum, obtaining financial support, and providing specialized help.

School-community council

Many school districts have started school-community councils to study, evaluate, and assist with long-range plans. Such a council is a forum for community opinion and provides schools with an opportunity to communicate with the public. An especially effective School-Community Council has been established in School District 59 in Elk Grove Township, Illinois 60005. Here most individuals who are elected to school board membership became interested in the schools through their work on the Council.

Councils are usually independent bodies that evaluate school programs, inform the public about school affairs, and make recommendations to the Board of Education. It's important that these councils be truly representative of the entire community, and that they concern themselves with comprehensive issues. It's also essential that they understand their advisory role.

Cooperative evaluation programs

Several communities have established school-community groups to carry on cooperative evaluation programs. These consist of demographic studies, attitude surveys, graduate follow-up studies, parent support profiles, and curriculum need surveys. One city, Mason City, Iowa 50401, conducted a massive community occupational study. In Duluth, Minnesota 55800, effective evaluation councils have assessed curriculum and developed programs to improve relationships between ethnic and racial groups.

Booster clubs

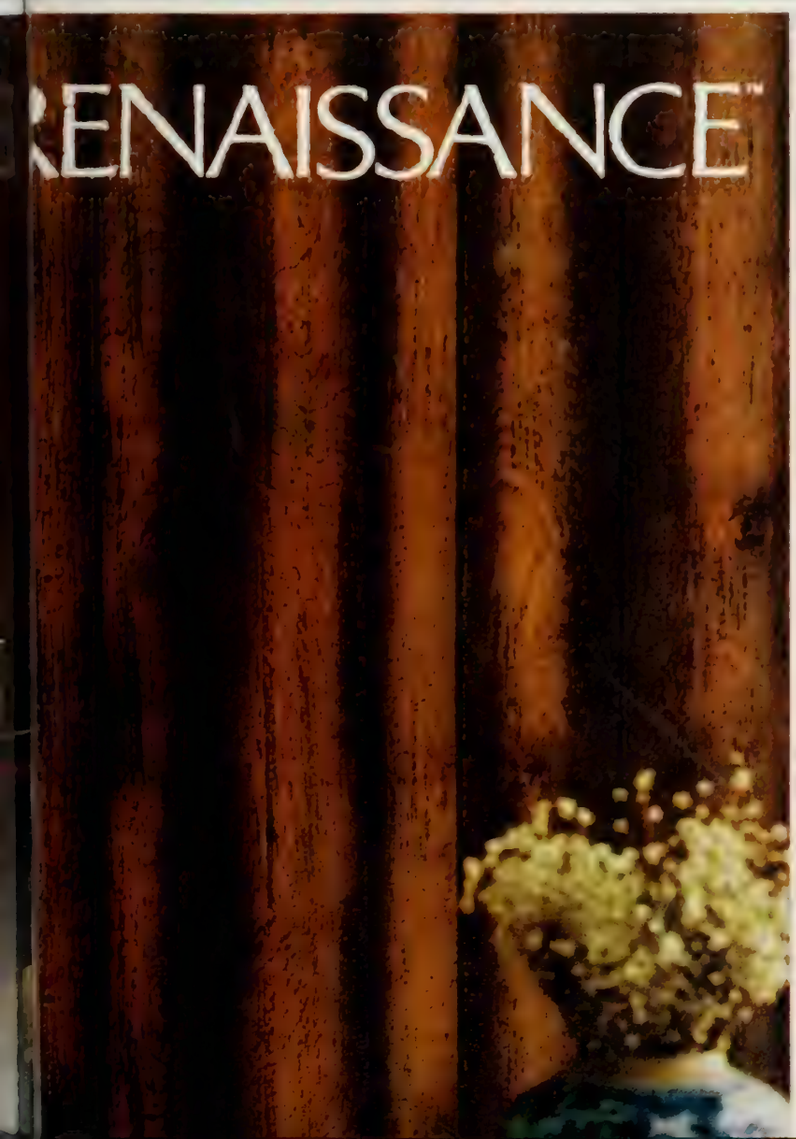
Booster clubs support athletics, drama, music, and other school organizations. They help the school purchase equipment, raise funds for scholarships, and provide emotional support at the various events. Booster Clubs can be comprehensive in nature or specific in support of one area of school activity. They have been established at many high schools, but also are effective for junior high and elementary schools.

Parent surveillance

Parent surveillance programs have been effectively utilized to control vandalism, assist children in crossing streets, and protect children from molesters. Surveillance programs in many instances have proved more effective than police, electronic devices, and other forms of surveillance. Vandalism has been greatly reduced when parents walk around the school area in the evenings and on weekends.

Employment programs

An especially effective school-community partnership is one in which the community provides employment opportunities for young people. The community employers work with school counselors to establish a list of places for part-time work during the school year and full-time work during vacation periods. The school also operates a placement service for baby-sitting, yard work, housework, and other "home services." Working together, students and community assist each other. Providing part-time work opportunities during the school year helps keep many young people in school, and allows them to save money for post high school education. ■



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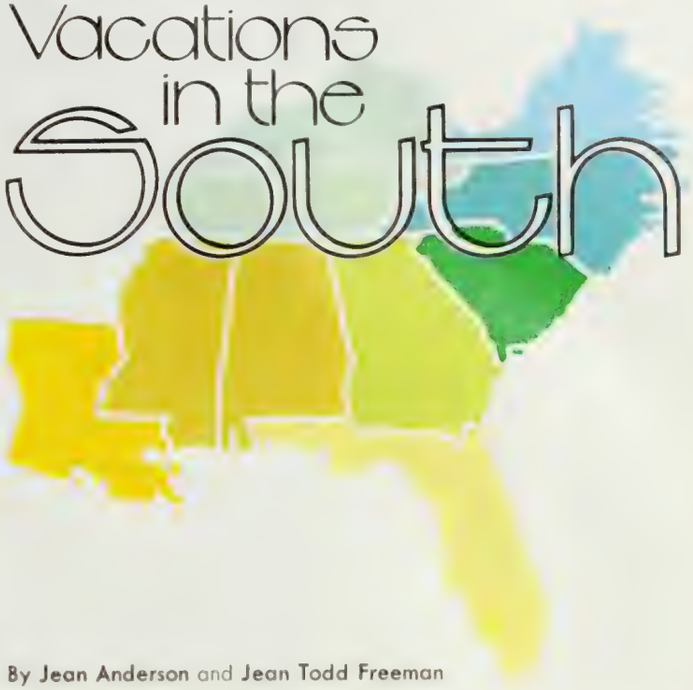


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Family Adventure Vacations in the South

If yours is an active family seeking an ideal vacation spot, "Go South" is sound advice. First, you'll find an enormous range of things to do and see. Want to dive for treasure? Go spelunking? Try houseboating? Ride mountain trails? Tour mansions? Pan for jewels? That's just a sample. Second, the South's prices are often lower—by far—than those offered in any other section of the country. And third, you'll find summer weather somewhere in the South whatever time of year you come down. Autumn in this region lingers warm and golden (even in the mid and upper South), winter is almost never cold enough to numb the bones (except high in the Smokies or Blue Ridge Mountains), and spring arrives early in a conflagration of camellias and azaleas. Summer itself can get hot in some places, but the areas described here are naturally air-conditioned by sea breezes or mountain altitudes.

In this portfolio of family vacation spots, we've picked eight particularly appealing corners of the South and recommended a choice of "home bases" in each one, from budget-cost campgrounds to medium-priced cottages to more expensive hotels and resorts. The idea is to choose the area best suited to your family and get accommodations there for your whole trip. That way, instead of moving from motel to motel on a wearisome hit-the-road-at-dawn daily itinerary, you can unpack, settle in, and relax. The attractions in each area are near enough that you can see them on easy day or half-day side trips.



By Jean Anderson and Jean Todd Freeman

Historic Virginia

"Virginia is for Lovers," says the slogan you see everywhere, but Virginia is also for vacationing families who have a thing about history or horses or hiking. The rumpled green heartland of the state, around Charlottesville, is unquestionably one of the most beautiful areas in America—not beautiful in the flashy, dramatic way that the Grand Canyon is, but beautiful in a gentler, quieter way. This is hunt country and historyland where you can "rest easy," as the hill folks say. What more could you ask of a vacation spot?

Where to stay

The ideal home base for your vacation is Charlottesville, a cozy city of not quite 40,000 that nestles at the foot of the Blue Ridge, within a "whoop and a holler" of the Shenandoah Valley. Nearby Crozet and the Shenandoah National Park also make good family headquarters. Specifically:

The Boar's Head Inn in Ednam Forest, Charlottesville—on Route 250 just west of town—offers solid southern comfort in a seven-year-old resort inn with a 1730s ambience. In an idyllic setting at the edge of a pond-dappled, nine-hole golf course, it has large airy rooms, some with fireplaces, all with reproductions of Colonial antiques. The facilities include tennis, golf, swimming, fishing, and riding. Doubles go for $24 to $26 per day; children under 12 free in the same room with their parents.

Montfair Family Resort, RFD 2, Crozet, has eight two-bedroom cottages with modern kitchenettes and baths set in woodlands around a lake; it also has 62 campsites with electric and water hookups, baths, and coin-operated washers and dryers. There's free swimming and fishing, horseback riding ($3 per hour), and overnight pack trips ($25 per person). Cottages cost $135 per week for up to four persons, $2.50 per day for each additional person over four years of age. The campsites are $4.50 per day for up to four persons, $1 for each additional person over four.

Skyland Lodge and Big Meadows Lodge, about 20 miles apart on Skyline Drive in Shenandoah National Park, are similar clusters of pleasant mountaintop motels with awesome views and all the amenities. You can go riding here ($3 for the first hour, $2.50 each hour thereafter), hiking, fishing, or attend illustrated park lectures. A room accommodating four persons costs from $19 to $21 per day. Open only in spring, summer, and early autumn.

What to do and see

Charlottesville and Albemarle County. This was Thomas Jefferson's home, and his presence is strongly felt everywhere. After you've seen Monticello (pronounced *monti-CHELL-o*, the Italian way), the home Jefferson designed for himself and had built high on a hill just south of town, stop at Ash Lawn, the simple country retreat Jefferson designed for his good friend James Monroe, and at Colonial Michie (*MICK-ey*) Tavern, where Jefferson's daughter scandalized the patrons by demonstrating a new dance she had learned in Paris. (It was the waltz.) You'll also want to visit the University of Virginia. Jefferson not only founded the University (in 1819), but designed its Rotunda (after the Pantheon in Rome) and its famous serpentine brick walls.

Appomattox Court House National Historical Park. Civil War buffs shouldn't miss touring this village where, on Palm Sunday, April 9, 1865, Robert E. Lee announced, "There is nothing left for me to do but to go to see General Grant and I would rather die a thousand deaths." Lee did see Grant, in the parlor of Wilmer McLean's brick home, surrendering his army and ending the Civil War, or as Virginians prefer to call it, "The War between the States." Allow a day for Appomattox. It's a two-hour drive from Charlottesville and there's much to see, once there.

Birthplace of Woodrow Wil-

Continued



son, Staunton. This three-story Presbyterian Manse is one of the few presidential birthplaces that has not needed extensive restoration. It remains today much as it was when the Wilsons occupied it.

New Market Battlefield Park and Hall of Valor, New Market. This is a memorial to the 247 teen-age Virginia Military Institute cadets who fought and won, in a "baptism by fire," the Battle of New Market in the Civil War. Their inspiring story is told by films and life-size and scale models.

Mountain wilderness. The Shenandoah National Park begins just up the mountain from Charlottesville—300 square miles of mountain wilderness sitting astride the Blue Ridge Mountains. The Skyline Drive skims along the top for 105 miles between Rockfish Gap on the south and Front Royal on the north, snaking past such quaintly named peaks as Brokenback, Bearfence, Old Rag, and Stony Man at altitudes of 3,000 and 4,000 feet. There are 75 overlooks en route, some peering west over the Shenandoah Valley (on a clear day you can see West Virginia), others eastward over Jefferson's country. You can drive the Drive and let the Park go at that (there's a 35 mile per hour speed limit, so it will take about a day if you pause to savor the scene), or you can set off on foot or horseback. (Horses and ponies can be rented at both Big Meadows and Skyland for about $3 an hour.) For detailed information, write Shenandoah National Park, Luray, Virginia 22835. Daily park fee: $2 per vehicle.

The caves. You might think that if you've seen one cave, you've seen them all. Not so. There's surprising variety in the "Big Six" commercial caves of the Shenandoah Valley. Tours average 1½ to two hours (and from one to two underground miles). Admissions vary, but figure on about $2.75 for adults, $1.25 for children six to 12, and free under six. Except where indicated, these caves are open year round:

Grand Caverns, in Grottoes. These were the first caves discovered in the Shenandoah (1804). Jefferson toured them, and Stonewall Jackson quartered his troops here during the Civil War. Of particular note are Cathedral Hall, measuring 280 feet long, 60 feet wide, and 70 feet high, and the giant "shield" formations.

Massanutten Caverns, Keezletown. Locals may tell you the caves are closed. Don't believe them, and don't be put off, because these caves are special. They're doll-size compared to the others, cozy but not claustrophobic, and you can see at close range the awesome underground workings of nature. Guides explain things scientifically, sparing you the corn and cutesy chatter that sometimes dominate other cave commentary. Open daily between June 1 and Labor Day, weekends only the rest of the year.

Endless Caverns, New Market. These unusually deep caverns (at one point the trail is 300 feet below ground) offer a great variety of shapes and colors, underground lakes and streams.

Shenandoah Caverns, New Market. There are outstanding ribbon stone formations here (guides call them "bacon"), some exquisite stone "draperies," and a shimmering underground Capitol Dome.

Caverns of Luray, Luray. Luray's "columns" (stalactites and stalagmites grown together) are massive; underground Dream Lake is magical; and the "stalacpipe" organ rendition of "Shenandoah" is fun to hear, if flat.

Skyline Caverns, Front Royal. It's a long trip from Charlottesville—about 100 miles—but worth it to see the unique anthodites, "orchids of the mineral kingdom." These are snowy calcite flowers, and they bloom in great profusion along the cave ceilings.



The Land Between the Lakes is a 170,000-acre, 40-mile-long recreation and wildlife preserve on a peninsula shared by Kentucky and Tennessee between Lake Barkley and Kentucky Lake. Developed by the TVA and formed by two dams, the preserve is one of the fastest growing vacation spots in the country and strictly noncommercial: you can't buy so much as a snack or a gallon of gas here. But you *can* camp at the fully developed family campgrounds at Hillman Ferry, Rushing Creek, and Piney, or in more primitive lakeside areas. And you can hike for miles through hardwood forests, seeing deer spring across your path, a bald eagle circling overhead, or buffalo roaming their private range. You also can fish, swim, ski on the lakes, or hunt for deer, quail, and wild turkey in season. And if all this unspoiled nature begins to pall, you can find, on the opposite shores of both lakes, as much commercialism as you like, from hotdog stands to amusement parks.

Where to stay

Kentucky's State Parks are too good to be true. They look like resorts, offer a fantastic variety of outdoor fun, are smoothly run, and are reasonably priced. Simply staying in one of these parks (camping or in a luxury cabin) is in itself a supremely enjoyable vacation. Three of them on the fringes of the Land Between the Lakes make perfect home bases for a family vacation: Kenlake on the west side; Lake Barkley on the east; Kentucky Dam Village at the top.

Kenlake State Resort Park, Route 1, near Hardin, on the western rim of Kentucky Lake, has a modern 56-room lodge with restaurant, plus 28 cottages on 1,800 gently rolling wooded acres. There's a nine-hole golf course, tennis, pool and lake swimming, biking, horseback riding, badminton, sailboats, fishing boats, ski boats, pontoon boats, and houseboats for rent, a large marina and tackle shop. Lodge rooms (double) are $14 to $18 daily; cottages with living room and kitchen run from $16 to $36, depending on size (up to six adults). Open April 1 to October 31.

Kentucky Dam Village State Resort Park, in Gilbertsville, is the fastest growing of the three parks. It has 95 lodge rooms and 70 cottages. Rooms at the Village Inn, the Lodge, and the housekeeping cottages range from a low $18 (double) to $54 for a deluxe executive cottage (for six) with living room, dining room, three bedrooms, two baths, custom kitchen, color TV, and central air conditioning. (This is a state park?) Facilities are similar to those at Kenlake except that Kentucky Dam's golf course is 18 holes instead of nine. Open year round.

Lake Barkley State Resort Park, P.O. Box 586, Cadiz, has a new multimillion-dollar triple-level lodge of stone, wood, and glass. In the lodge are meeting and game rooms, a sumptuous lounge with great open fireplace, and a handsome glass-walled dining room with immense suspended wooden beams. The dining room overlooks a tiled patio and heated pool, which in turn overlook the lake. All guest rooms and cottages also face the lake, and range in price from $20 (double) to $48 (for six). Complete recreational facilities; open year round.

Note: At all parks, prices quoted are for adults; $2 extra per night is charged for children 13 and over who accompany adults in double rooms or in cottages. Camping at all three parks is $3 daily for up to six campers, 25 cents additional for each extra person.

What to do and see

The Hitching Post, near Kenlake. This old-fashioned country store, a combination museum and gift shop, has a crazy conglomeration of pottery, slates, bonnets, old bottles, penny candy, hickory-smoked country ham and bacon, antique dolls, a display of pioneer wagons, and an authentic still.

Kentucky and Barkley Dams, near Gilbertsville. Visit the massive locks and powerhouses and see how electricity is generated; watch boats "lock through." You can even lock through yourself, in your own pleasure boat, and cruise part of the Cumberland and Ohio Rivers.

Ancient Buried City, Wickliffe, Kentucky. High on a bluff overlooking the confluence of the Ohio and Mississippi Rivers is King Mound, burial site of prehistoric Indians. Several mounds have been excavated, and there's a museum with educational artifacts.

Fort Donelson National Military Park, Dover, Tennessee. This small, easily comprehended Civil War battlefield somehow brings history more vividly alive than do the more famous sites at Gettysburg and Valley Forge. A self-guiding tour, with detailed markers, explains clearly just where the Confederates manned their defensive batteries and how the Union soldiers attacked. Eventually the Confederates surrendered at the still-standing Dover Hotel, bringing the Union their first major victory.

Southwestern North Carolina



looks a little like Switzerland. Blue mountains rise out of looking-glass lakes and climb to the clouds. Cowbells ring across valleys (or "coves," as they're called in these parts). Log cabins roost on shelves of greenery, and natives speak a "foreign" tongue, an almost Elizabethan English colored by such expressions as "play-pretty" (toy), "giggle soup" (whiskey), "kin-see to k'aint-see" (dawn to dusk).

Like Switzerland, this is a top-of-the-world vacationland. Sportsmen come to catch trout in fast-flowing streams, mountain-climbers to attack the highest peaks east of the Mississippi,

Bill Helms



nature lovers to wander wilderness trails, craft lovers to observe some of America's finest weavers, potters, silversmiths, wood-carvers, and basket weavers at work—and maybe to take craft courses themselves.

Where to stay

High Hampton Inn and Country Club, in Cashiers, is a rustic lodge with satellite cabins—one of North Carolina's most idyllic resorts. Activities include tennis, golf, riding, canoeing, swimming in cool mountain lakes, croquet, badminton, trapshooting, and nature walks—plus special programs for children. Open May 12 to October 23. A double room (American Plan, all meals) costs from $17.75 to $20.75 per person per day; a third person in the room is $12 per day, $10.50 if under six.

Fontana Village, Fontana Dam, is a casual, family resort deep in the Smokies that offers riding, golf and mini golf, square dancing, stream and lake fishing, boating, water-skiing, hiking, archery, arts and crafts. There are 300 cottages (one to three bedrooms) and a 56-room lodge. A two-bedroom cottage that can accommodate six costs from $196 to $210 per week from June 1 to mid-September, about $60 less per week at other times of the year.

Smokemont Campground, in Great Smoky Mountains National Park—Route 441, seven miles north of Cherokee—has 180 tent and trailer sites with outdoor cooking facilities (no water or electric hookups, but there are flush toilets). Sites are $3 a day; stays are limited to seven days.

What to do and see

Panning for jewels. The Cowee Valley near Franklin in Macon County is "rockhound heaven." Here are 23 gem mines where a couple dollars buys an all-day panning permit. It works like this: you fill a bucket with mud, head for the panning trough, then empty the bucket, handful by handful, washing away the mud and crossing your fingers that in the dregs will be an ice-cube-size ruby or sapphire. It's yours if there is.

Fishing. Trout streams slash through the mountain tapestry, and lakes stocked with bass shimmer in the valleys, so you're never far from "happy fishing grounds." For details about licenses, write the Department of Natural and Economic Resources, Wildlife Resources Commission, Raleigh, North Carolina 27602.

Hiking. Within the Great Smoky Mountains National Park, sprawling for 800 square miles across the mountains of North Carolina and Tennessee, there are 650 miles of trails, including a 71-mile stretch of the Appalachian Trail that snakes along the park's ridge. Add to that the 80 miles of the Trail zigzagging across the 420,000-acre Nantahala National Forest, its offshoots and tributaries, and you have a wilderness of Daniel Boone proportions. Some particularly scenic trails: Dry Falls (about 3 miles west of Highlands on Route 64); Whiteside Mountain, the highest sheer precipice (1,800 feet) in eastern America (just east of Highlands); Standing Indian (about 15 miles west of Franklin on Route 64); the Joyce Kilmer Memorial Forest (about 25 miles southwest of Fontana on Route 129).

Cherokee Indian Reservation, Cherokee. To see authentic Cherokee clothes, crafts, and culture, visit Oconaluftee Indian Village, a carefully re-created 18th-century Cherokee village. Stop at the Cherokee Botanical Gardens. The Museums of the Cherokee Indian, the Qualla Co-operative Craft Shop, the Cyclorama of the Cherokee Indian, and the outdoor drama, "Unto These Hills," which tells the story of the Cherokees from DeSoto's arrival in 1540 to their removal during the tragic "trail of tears" in 1838.

Lost Mine. Gold City. America's first gold strike occurred in North Carolina 20 years before the California Rush. You can tour the mine, prowl a re-created gold rush town, see some of the eye-popping gems found at nearby Franklin, and from atop mile-high Gold Mountain enjoy a view of four states (North and South Carolina, Georgia, Tennessee).

Handicraft centers. The best places to see a variety of quality crafts are at the John C. Campbell Folk School, Brasstown (on old Route 64), and at Asheville, where there are two shops operated by the Southern Highland Handicraft Guild—Allanstand (16 College Street), and Guild Crafts (930 Tunnel Road). At both Guild shops and at the Folk School, you'll find a variety of weaving, wood carving, pottery, and basketry. Pottery enthusiasts also might look in on the town of Arden, on Route 25, just south of Asheville (Brown's pottery, Pisgah Forest Pottery, Evan's Pottery). The Folk School also offers two-week craft courses—in weaving, wood carving, woodworking—an offbeat vacation for an art-oriented family. The cost, including tuition, meals, and lodging, is $175 per person. For details, write the John C. Campbell Folk School, Brasstown, North Carolina 28902.

Asheville. Western North Carolina's largest city (55,444), Asheville is best known as the home of Thomas Wolfe; it is the "Altamont" of Wolfe's novel, "Look Homeward, Angel." The boardinghouse where Tom grew up ("Dixieland") has become the Thomas Wolfe Memorial; it's a cozy museum with a collection of Wolfiana. Asheville's other big draw is Biltmore House, the 250-room French chateau George W. Vanderbilt had built as a mountain retreat in 1895. It's buried in 12,000 acres of gardens and forest and crammed with all the antiques and *objets d'art* millions can buy.



West of New Orleans, between the Gulf marshes and the shadowy Bayou Teche, lies a fascinating area quite unlike any other part of America: Acadiana, or, less formally, Cajun country. Here French is commonly spoken, or English so liltingly accented and so spiced with Gallicisms that it sounds almost like a foreign tongue. Here small boys paddle their narrow pirogues (dugout canoes) through the bayous for crawfish, women pull moss from the trees to be sold for mattress stuffing, and kids competing in brush races gallop unshod horses bareback down short tracks marked off by fishing line. At St. Martinville you can stand beneath the centuries-old oak where the real "Evangeline," Emmeline LaBiche, was reunited with her lost Acadian lover, only to learn

Continued



that he, thinking her dead, had married another.

Evangeline country is steeped in the history of these Acadians, people of French descent who were exiled by the British from Nova Scotia in 1755 because they refused to give up their Catholic faith. But there were later refugees who settled in southwestern Louisiana—barons and marquises with their ladies, fleeing the terrors of the French Revolution. These displaced aristocrats sold their jewels to build great houses, entertain at extravagant balls, and re-create the glamour of Marie Antoinette's court on the banks of the Teche. Thus in Acadiana you can see simple Cajun cabins of hand-hewn oak and mud chimneys standing alongside rosy-brick antebellum mansions with cool green lawns and formal gardens.

Where to stay

Louisiana's Acadiana—whose heartland extends roughly from Ville Platte southeast to Morgan City, along the Bayou Teche—is not yet fully developed as a tourist area (this is part of its charm), and particularly during festivals you may find it difficult to find lodging. If the following suggested home bases are filled up, check at the Acadiana Regional Tourist Information Center on US-90 at Louisiana 14 near New Iberia, or at the Acadian Tourist Center on US-167 at the junction of US-190, Opelousas, for information on other accommodations.

Chicot State Park, eight miles north of Ville Platte off US-167, is a beautiful 6,480-acre park including a 2,500-acre lake stocked with game fish and dotted with islands. Tent camping is $1.31 a night; trailer camping, $1.83; cabins, $11.

Belmont Campground, New Iberia, located on Bayou Teche in an attractive woodsy setting, has campsites for $1.80.

Sher-Mac Campground, also in New Iberia, has newly opened sites in a pecan grove for $1.50 to $3 a night.

Beau Sejour Motel, New Iberia, lacks housekeeping units but offers a pleasant atmosphere and convenient location in the heart of Acadiana; $12-$15.50 for a double room, suites from $17.

What to do and see

Opelousas. This Spanish-French town has some beautiful homes (Ringrose, Linwood, Doucet Home), plus the Jim Bowie Museum, where the famous Bowie knife can be seen. Just north is Washington, an old village originally called "Church Landing," with inns that once served steamboat travelers on Bayou Courtableau. See the Steamboat House, Homeplace, and Magnolia Ridge with its rose garden and antique shop.

The route to New Iberia. From Opelousas you can zip down US-167 and US-90 to New Iberia in less than an hour, but it's more interesting to drive curvy Route 31 along the Teche, passing through the quaint towns of Grand Coteau, Arnaudville, and Breaux Bridge (where a lively crawfish festival is held each spring), to the heart of Acadiana: St. Martinville and New Iberia.

St. Martinville. Called "Le Petit Paris" by the French aristocracy who planned to sit out the Revolution here, this sleepy little town is rich in history. See the Evangeline Oak, the grave of Emmeline LaBiche in the cemetery of St. Martin of Tours Catholic Church, and the Castillo Hotel, built in 1795 for grand balls, operas, and plays. Don't be put off by the hokey "Evangeline Enshrined Here" sign at M'sieu Olivier's fascinating private museum at the foot of the Teche bridge—he's the town's authority on Acadian lore.

Longfellow-Evangeline State Park, St. Martinville. Immense live oaks surround the Acadian Craft Shop, a replica of early settlers' homes with steep slanted roofs, wide gallery, and outside steps leading to the boys' dormitory or *garconnière*. Inside you can buy Cajun crafts, including voodoo dolls stuffed with Spanish moss. The Acadian House Museum, a reproduction of the home of Louis Arceneaux, "Evangeline's" lover, is made of hand-shaped, sunbaked brick and authentically furnished to show the life-style of the day.

Oak and Pine Alley, two miles from St. Martinville. It leads to nowhere now, but the Alley is still impressive—a mile-long driveway flanked by close-planted giant oaks and pines (429 by actual count) that once led seven miles to the Durand estate. Legend has it that M'sieu Durand, in honor of the double wedding of his daughters, imported spiders from Lake Catahoula to spin webs all along the drive, then sprinkled the webs with gold dust to provide a glittering *allée* for the carriages to the bridal party.

New Iberia. In a town full of historical highlights, the important place to see is Shadows-on-the-Teche, a restored town house of rose-colored, handmade brick, with original furnishings, a formal garden, family cemetery, and oakshaded lawn. "The Shadows," so called because the huge oaks keep it in perpetual half-light, has survived five generations of good times and bad, and is known as "the most beautiful house west of the Mississippi."

Note: Cajun Bayou Tours, leaving major hotels in New Iberia and Lafayette twice daily, cover most of the points of interest in Acadiana. The price, $7.50 for adults and $3.95 for children under 12, includes all admission fees.

Rip Van Winkle Gardens, Jefferson Island, nine miles from Lafayette on Route 14. The unlikely name is explained by the original owner, actor Joseph Jefferson, who made the role of Rip Van Winkle famous in the 19th century. These gardens are truly worth seeing. Allow at least an hour for walking along rocky paths that lead past bubbling springs, streams, waterfalls, and fountains. You'll also go through bamboo tunnels onto sculptured lawns, past gardens of wild flowers and native iris, to La-Fitte's Lagoon, where an old voodoo doctor actually dug up three pots of pirates' treasure.

Jungle Gardens, Avery Island, eight miles from Lafayette on Route 329. This walk-through and drive-through semitropical garden of 200 acres is billed as "a glimpse into the Garden of Eden," and that description is not much off the mark. Plants here come from all over the world: finger bananas from China, lotus from the Nile, crepe myrtle from India, irises from Siberia as well as Louisiana. Bird lovers will be amazed by the bird sanctuary—a lakeside rookery where over 100,000 herons, egrets, anhingas, cormorants, and ibises nest. Or how about a purple gallinule?



Some vacationers to the southern tip of Florida ask only for a chance to lie quietly on silky sands and paddle in the Atlantic's ruffling surf. But families with young children will be seeking more action, and there's plenty of it here—by the sea, in the sea, on the sea, under the sea. And should you tire of the water, there are man-made and natural jungles, dolphin shows, museums of the sea, and Indian villages.

Where to stay

The best vacation headquarters are two areas where the water sports are unsurpassed: Flamingo in the Everglades and Islamorada in the Keys. The Keys

are commercial, a manufactured playground with most of the trappings you'd expect. The Everglades are just the opposite —desolate stretches of swamp and sawgrass, spellbinding to bird watchers and botany buffs but boring to others after a day or so.

Note: Florida has a "season" (December 15 to April 15) and you'd do well to avoid it—prices are high and hotels jammed. By visiting Florida off-season, you can save up to $10 a day on a motel room. *All prices quoted below are the off-season rates.*

If you choose the Everglades, these places might please you:

Flamingo Inn (also called Flamingo Lodge), in Flamingo Station, is a modern motel that overlooks Florida Bay. Doubles cost $15 per day (children under six free in parents' room; others, $2.08 per person per night). There are bike rides, canoe trips, tram tours, bird walks, nature hikes, and campfire programs.

Long Pine Key Campground, 6½ miles inside the Everglades National Park entrance, has campsites for $2 per night.

On a houseboat (see the section on houseboating below).

In Islamorada, the following places stand out:

The Islander offers motel units clustered in palm groves along the beach. (Coral makes it a bad beach for swimming but there are two pools.) Lanai villas with kitchenettes cost $16 to $18 per day, double occupancy (plus $3 per day for each extra person).

Pelican Cove is a small waterfront resort where a two-bedroom efficiency apartment accommodating four costs $30 per day. Smaller units run $16 to $18 per day for two (each additional person, $3 per day).

El Capitan, a cozy, ocean-front resort snuggling amid tropical fruit trees beside a swimming aquarium, rents one-bedroom units with kitchens for $20 per day for two (plus $4 for each additional person).

What to do and see

Snorkeling, skin and scuba diving. Even if you don't know a snorkel from a flipper, you can explore North America's only living coral reef—on Key Largo at the John Pennekamp Coral Reef State Park, America's first underwater park. Within the park's nearly 100 square miles lies a coral garden where 40 of the Atlantic reef's 52 species of coral grow and where thousands of Day-Glo-bright tropical fish spawn in ghostly forests formed by the bones of Spanish galleons.

The best way to tour this magic underwater world is underwater—by taking one of the park's two-hour snorkel tours ($6 per person; you needn't have snorkeled before, but you must know how to swim) or by signing up for its half-day scuba trip ($11 per person). The water-shy can view the reef from a glass-bottom boat ($5 per person, $2.50 under 12). If you've never dived but want to learn how, the Carl Gage Diving Center, Key Largo, will teach you. It offers a 20-hour basic scuba course at $50 (all equipment provided).

Treasure diving. Finders are *not* keepers, alas, but it's still exciting to explore the seas off the Keys where 22 Spanish treasure ships, outward bound from Havana, ran aground in 1733. The Carl Gage Diving Center, Key Largo, conducts three-day diving trips ($80 per person, all inclusive).

Sport fishing. Islamorada calls itself the "Sport Fishing Capital of the World" with more than 600 species of fish swimming just offshore and dozens of marinas eager to take you there. You can hire a "self-drive" fishing skiff for about $10 a day or an oceangoing craft for $150, complete with crew and fishing guide. The marina at Flamingo also rents a wide choice of boats (prices about the same).

Houseboating. Here's the way to tour the Everglades. You can glide through quiet backwaters, zoom in on the wildlife with a telephoto lens, or cast out a fishing line. The boats are fully equipped with stall showers and bunk space for six. They're self-sustaining for up to seven days and can be piloted by anyone who can drive a car. You can rent them by the weekend ($165), the weekday week ($200), or for a full week ($300). For details, write Flamingo Houseboat Corp., Everglades National Park, Flamingo, Florida 33030.

The Everglades National Park. This wilderness primeval, at once eerie and enchanting, is an immense ecological cauldron about to boil dry. The Everglades, though few recognize it as such, is actually a river—America's shallowest and widest, flowing south from Lake Okeechobee to the Gulf of Mexico. Here are 2,100 square miles of swamp and sawgrass, cobwebbed by channels, sloughs, and inlets, tufted here and there by palmetto hammocks and dwarf cypress, inhabited by some of nature's strangest creatures—the manatee, the crocodile, the alligator, the roseate spoonbill, and the anhinga. The main park entrance is 12 miles south of Homestead (Route 27), and from there it's a 38-mile run down to Flamingo Station and the visitors center.

Far and away the best area for wildlife watching is the newly opened Shark Valley section of the park, some 30 miles northwest of Homestead on the Tamiami Trail (US-41). You can take a two-hour tram tour 14 miles into the sawgrass to an observation tower, and see exotic waterfowl everywhere, plus whitetail deer and what seems like a convention of alligators. The tram tour is included in the park entrance fee of $2 per vehicle per day.

Indian Villages. The Miccosukee and Seminole live in "chickees" (open thatched huts) along the Tamiami Trail. You can whiz along by airboat to villages hidden in the sawgrass ($4 per person), or stop at one of the many others along the road.

Theater of the Sea, in Islamorada. This is the place to view deep-sea life close up: sharks, barracudas, giant sea turtles, rainbow-colored tropical fish. There are playful porpoises (you can pet them) and a brief, bottomless boat ride to shark feeding grounds.

Flipper's Playground, Grassy Key. The real "Flipper," a dolphin named Mitzi, died last year but the show goes on, starring some marvelously hammy dolphins who enjoy their antics and acrobatics as much as the audience does.

Lion Country Safari, Route 98 west of West Palm Beach. This will be a long day's jaunt if you're staying in Islamorada or the Everglades, but the kids will undoubtedly want to go. The experience has been called the "poor man's safari," and in a way it is. Here, roaming free, are 150 lions, white rhinos, elephants, zebras, giraffes, and ostriches on plains and velds landscaped to resemble those of Africa. You drive through, as you do in one of Africa's game parks, with windows rolled up tight. The best time to visit the park is first thing in the morning (9 a.m.). It's lion-feeding time then, and the traffic will not yet be bumper to bumper.

Bill Helms





Georgia isn't just red clay hills. It's also mountains sprinkled with wild flowers, and woods snowy with dogwood and magnolia blossoms or pink with redbud and flowering quince. It's Confederate monuments and antebellum plantations (the few that General Sherman didn't burn down). It's Franklin Roosevelt's beloved retreat at Warm Springs, and it's Atlanta—a blend of Scarlett O'Hara charm and on-the-go modernity.

Where to stay

Pine Mountain is your best home base in western Georgia. You'll probably find one of these places to your liking.

Callaway Gardens has attractive Callaway Cottages, all air-conditioned and completely equipped for housekeeping. Rates are $165 a week in summer for two adults and up to four children; $210 for larger cottages accommodating two adults and up to six children. Fall, winter, and spring rates are slightly lower.

F. D. Roosevelt State Park offers fully equipped cabins for two people for $8 and $12 per day; $1 and $2 extra for each additional person. Mobile home rent for $10 per day for two; $1 for each additional person. Tent and trailer camping are $2.50 per night.

Twin Lakes Family Resort is a cluster of edge-of-the-lake housekeeping cottages with swimming, boat rentals, and a playground area; $18 a night for two-bedroom cottages; $21 for three-bedroom cottages.

What to do and see

Callaway Gardens. Pine

Continued

Mountain. Even if you don't make your headquarters here, you should plan a visit to Callaway Gardens. A 2,500-acre vacationland in a natural woodland and wild flower preserve, it has 13 spring-fed lakes (one with a white sand beach), several riding and bird-study trails, paths lined with azaleas, holly, and flowering fruit trees, rustic bridges over rocky brooks—and a chapel by a waterfall. What's unique about all this is that the cottages and inn, tucked away in the woods, scarcely disturb the garden's serenity; amid all the vacationers, you can take a few steps down a winding path and feel absolutely alone.

On arrival, stop at the information center to find out what's going on. (You can also take a free bus tour to orient yourself.) Activities include swimming, canoeing, paddle-boating or skiing on Robin Lake, fishing for bream and largemouth bass at Mountain Creek Lake, golfing (63 holes), biking, horseback riding, tennis, trap and skeet shooting (quail hunting in season on a 1,000-acre preserve). Children can board the tiny Mississippi Riverboat for a float on Chickadee Lake or ride the miniature train around it, visit Mr. Cason's vegetable garden, see the 160-year-old pioneer log cabin and covered bridge, stop at the country store for delicious "feedbag" picnic lunches ($2). In summer, the Florida State University Circus troupe performs under the big top, and there are water-skiing shows.

Little White House, Warm Springs. Tradition says that Indian tribes sent their wounded here to be healed by the spring waters; Franklin Roosevelt first came here for treatment in 1924, and later built the Little White House on the edge of a steep ravine. The cottage is simple but charming, containing historically interesting objects such as the President's wheelchair, Fala's leash, and the unfinished portrait Roosevelt was sitting for at the moment of his fatal stroke. Another poignant reminder of that shocking day is a pencil-scrawled note on the kitchen wall above the stove: "Daisy Bonner cook the first meal and the last one in this cottage for the President Roosevelt." In the museum are a collection of 100 walking canes, an undelivered speech, and "Bun" Wright's fiddle that often entertained the President.

Dowdell's Knob, Pine Mountain. This was a favorite picnic spot of President Roosevelt, 1,395 feet above sea level at the tip-top of the mountain. There's a fine panoramic view of the countryside and an outdoor fireplace built by the President.

Atlanta. Long known as one of the most beautiful cities in the country, Atlanta's most exciting local scene right now is Underground Atlanta, a city-under-the-city which for 50 years lay forgotten under a giant viaduct system and is now being restored as a dining, shopping, and entertainment area. Pick up a map at the Street Car Visitors Center below Central Avenue, and walk along gaslit Old Pryor Street or Kenney's Ally, past inviting shops with such imaginative names as The Hearth and Pendulum, the Burning of Atlanta Bar, Alice's Wonderland, and the Wooden Onion.

The other "must" in Atlanta is Grant Park, home of the world-famous Cyclorama, a huge three-dimensional painting and sculpture depicting the Battle of Atlanta in the Civil War.

Stone Mountain Park, about 16 miles east of Atlanta. Cut into the world's largest face of exposed granite is the world's largest carving—Confederate President Jefferson Davis, General Robert E. Lee, and General Stonewall Jackson on horseback. You can take a Swiss cable car to the top of the mountain, ride the *Robert E. Lee* showboat around Stone Mountain Lake, hear the 732-bell carillon, visit an antebellum plantation typical of the Old South, see the antique auto and music museum, ride the scenic railroad, and see a game ranch where children can pet and feed the tamer species of Georgia wildlife.

Six Flags Over Georgia, just west of Atlanta on the Chattahoochee River. This gigantic fantasyland has separate entertainment areas under each of the six flags that have flown over the state. An admission fee lets you enjoy any of the 75 rides, shows, and attractions, including the Okefenokee Swamp boat, a particular delight.

Bill Helms



South Carolina Seacoast

In and around Charleston, the Deep South lives. This may be America's most beautiful Colonial-antebellum city, a serene peninsula of stately homes at the center of a vacation spot ideal for romantics, and for families with aspiring young artists, architects, or historians. Besides history and houses, you'll find superb plantation gardens and a dazzling assortment of unexcelled beaches—deserted ones at Isles of Palms, Cape Romain National Wildlife Refuge, and Pawleys Island; or crowded, roistering ones along the Grand Strand, particularly at Myrtle Beach, a latter-day Coney Island with enough daredevil rides to delight the child in everyone.

Where to stay

Three places in the area make ideal home bases: Charleston itself; the Isles of Palms, directly north of the city; Pawleys Island, 70 miles north. Pawleys, once the beach retreat of wealthy rice planters, is one of South Carolina's best kept secrets—a vast *un*commercial beach.

Specifically, the following accommodations might suit you:

The Mills Hyatt House in Charleston, at the corner of Meeting and Queen Streets, is the city's newest (and at the same time, oldest) "grand old hotel." Opened just two years ago, it's a faithful re-creation of the 19th-century Mills House, which occupied the same spot. Much of the old hostelry has been incorporated into the new—the frilly iron balconies, the front stair, the antique-filled parlors, the Old South ambience. Facilities and service are up-to-the-minute, however. Doubles run from $23 to $27 (children under 12 free in the same room with their parents).

The Isle of Palms Apartment Court, about five miles northeast of Charleston, offers modern, motel-like apartments fronting the beach (and a big swimming pool). Apartments with kitchens, big enough for four, are $24 a day from May 1 to Labor Day, $70 per week during off-season.

The Sand Dollar Campground, also in Isle of Palms, has 150 tent and trailer sites set under live oaks along the beach on the near-deserted northern end of the island. Rest rooms, electricity, and water are provided, with fees from $4.50 to $5 a night. Closed December 1 to March 1.

On Pawleys Island, you must rent a cottage. Most are big, rambling structures with four bedrooms or more (in South Carolina, two families often book a cottage together). An oceanfront cottage accommodating ten with all modern amenities costs about $225 per week, smaller cottages about half that. For a full description of cottages available, write Pawleys Island Realty, P.O. Box 306, Pawleys Island, South Carolina 29585.

What to do and see

Charleston. Now 300 years old, the place that calls itself "America's Most Historic City" may very well be. Certainly it can claim an impressive number of firsts. It was in Charleston in 1775 that the flag of an American state first replaced the Union Jack; at Fort Moultrie that the first decisive American victory of the Revolution was scored; at Fort Sumter that the first shot of the Civil War was fired.

Charleston was decades recovering from the Civil War, which in some ways is a blessing, because by the time prosperity had returned in full flush, the 20th century had arrived and Charleston had escaped the gingerbread frippery of the Victorian age. Charleston did not replace its historic buildings; it rebuilt and restored them—faithfully and lovingly so that what today's visitors see is an 18th- and early 19th-century city of taste, wealth, and power.

The map of Charleston lists 50 historic sites, about half of which are open to visitors.

Fort Sumter. Now a national historic monument, Fort Sumter stands on a man-made island at the entrance to Charleston Harbor, and getting there *is* half the fun. The two-hour tour is $2.50 for adults, $1 for children under 12. A boat slides down the Ash-

Continued on page 159

Better Homes and Gardens

WESTERN Travel Directory

Tony Swan, Western Directory Editor

An insider's guide
to family vacation adventures
from the Rocky Mountain territory
to the Pacific coastland

Photograph: Tony Swan



Wine country: Sonoma and Napa

Zinfandel, Pinot Noir, Cabernet Sauvignon—the names are almost household words to lovers of California wines. So are the names of the great Napa and Sonoma County wineries: Buena Vista, Sebastiani, Inglenook, Beaulieu, Charles Krug—the list is long and distinguished. But if a wine country tour is on your calendar for the coming harvest season, there are some other names to remember—Agoston Haraszthy, General Mariano Vallejo, Jack London, and Padre Jose Altimira. For California's prime wine country is also California history country, and you'll find the two blend into a delightful short vacation.

The town of Sonoma is important in the development of California as the nation's leading wine producer and also as its 31st state. Count Agoston Haraszthy opened the territory's first commercial winery here in 1861 with 100,000 cuttings collected from the vineyards of Europe. An exiled revolutionary Hungarian nobleman and empire builder of tremendous energy, Haraszthy tried several areas, including northern Wisconsin, before settling in the Sonoma Valley—or Valley of the Moon, as it came to be known. His introduction of the noble grapes of Europe quickly raised California wine making to a position of international recognition. Prior to Haraszthy's globe-trotting on behalf of the California wine industry, most of the vintages in the territory were pressed from the old Mission Grape, introduced by the Franciscans. It was hardy and plentiful, but had none of the subtleties of the magnificent varietals Haraszthy brought in.

In 1854 Haraszthy carved the cellars of Buena Vista out of a limestone hillside near the town of Sonoma, with the backing of his friend General Vallejo, the former Mexican military governor. By 1866 Buena Vista was the biggest vineyard in the world. In 1873 a system of grafting the prized varietal strains to native rootstocks was discovered at Buena Vista, defeating phylloxera, the root louse that had been decimating vineyards.

Although the 1906 earthquake that leveled San Francisco also destroyed the Buena Vista cellars, the winery was restored when Frank Bartholo-

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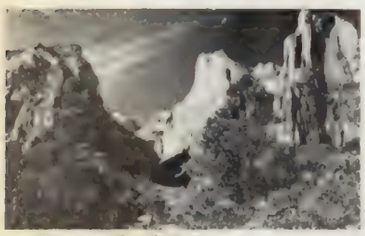
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mew acquired the property in 1943. Today visitors can once again see Count Haraszthy's famous cellars, and picnic in front of the winery.

General Vallejo's life in the Valley of the Moon, where he founded the town of Sonoma, also had its ups and downs. His troops had occupied their new barracks on the town plaza for only ten years when in 1846 the Bear Flag was hoisted over Sonoma by Yankee insurgents, marking the end of the Mexican rule in California. Despite his conciliatory attitude in his pre-1846 dealings with the Yankees, Vallejo was imprisoned and dispossessed of his Sonoma house and the huge Petaluma Adobe, headquarters for the 66,000-acre Rancho Petaluma. Vallejo eventually got back his properties, but they never achieved their former output.

Much of the Sonoma of today also belongs to the Sonoma of the 19th century. The old military barracks, currently one-third restored, the remains of Vallejo's house, and Mission San Francisco Solano are all part of the Sonoma State Historic Park (admission 25 cents, open daily 10-5). The mission was established in 1823 by Padre Altimira and was the northernmost of the 21-mission chain founded by the Franciscans.

Almost all of the buildings lining Sonoma's broad, green town square are old, and the town presents a quiet, hospitable aspect, just as it did 50 and 100 years ago. Dozens of shops and restaurants line the square; allow plenty of time for browsing.

The Petaluma Adobe is about ten miles west of Sonoma, near Petaluma—watch for Adobe Road westbound off California 116, the link between Petaluma and Sonoma. At the Rancho headquarters, the tools and machines that helped make this northern California's leading producer of hides, tallow, and woven goods are on display. Only half of the original four-sided building could be salvaged, but if you happen to visit when no one else is around, the sound of the chickens foraging around in the central courtyard, the big tallow caldrons waiting to be fed, the oxcart load of split rails waiting to be hitched to the little burro pastured behind the building—all make it easy to believe that the General himself might stride round a corner at any moment to bring the Rancho back to life.

Your 25-cent Sonomo State Historic Park ticket is good here, too, provided you visit the same day. It's also good, on the same basis, at Jack London State Park, located in Glen Ellen, about seven miles north of Sonoma.

The Jack London State Park contains a houseful of the author's personal effects and the charred ruins of Wolfe House, impressive even as a dream that went up in flames before it became reality. Not far from Wolf House, in a quiet, woodsy setting, is London's grave. The spot is marked by a large, craggy rock, symbolizing the hard, active life London pursued.

London was fond of Glen Ellen, a place that's almost as pretty as its name. Turn-of-the-century buildings line Sonoma Creek, and an 1856 winery on the south side of town has been converted into an enclave of arts and crafts shops—the Glen Ellen Mill and Wine Village. It's worth the stop, if for nothing more than a walk-through. Lunch here or in one of the old bars and inns of the main part of town is pleasant.

If you're camping, Sugarloaf Ridge State Park, about four miles north of Glen Ellen, is a good bet. About 2,000 feet above the valley floor, the park has some lovely campsites, plus 25 miles of hiking trails.

Should you decide to base at Sugarloaf, or in nearby Santa Rosa, a handy route to the neighboring Napa Valley is Trinity Road, just north of Glen Ellen. Trinity connects to Dry Creek Road; then the route joins Oakville Grade, giving visitors a sweeping view of vineyards on the Napa Valley floor. Although it's definitely not a good route for large travel trailers, most vehicles can make it handily.

California 29 strings all the Napa Valley communities—Napa, Yountville, St. Helena, and Calistoga—together. Accommodations are most plentiful in Napa, biggest of the valley towns. But you'll want to sample the attractions of the other stops along the route, as well as visit the valley wineries (almost all of them are located along the way). Also, if you have time for a little more sight-seeing, try the Silverado Trail, which runs parallel to California 29.

Yountville, named for George Yount, first white settler in th area, gives you a chance to do little browsing in another co verted winery, an arts and craf center called Vintage 1870.

About five miles north Rutherford, the tiny communi that serves as headquarters f the excellent Beaulieu and Ingl nook wineries, watch for Ca fornia 128, principal route Lake Berryessa, one of norther California's favorite water-spor and vacation targets.

St. Helena, the next sto north, is one of the valley's mo attractive towns, with Victoria buildings lining the main stree If you're interested in making serious study of the wine-mak er's art, the Napa Valley Wi Library, housed in the town public library, is regarded one of the finest collections viticulture information.

The stretch of road betwee St. Helena and Calistoga is or of the valley's prettiest. Gia elm trees stretch their limbs ov Main Street near two of th most interesting architectur features of the area, the Chri tian Brothers Wine and Cham pagne Cellars and the Beringe Brothers Winery. The former an enormous, dressed-ston building straight out of th tenth century. Chief attractio of Beringer Brothers is the Rhi House; once the residence of th owners, it now serves as tastin room for the winery. The Be inger winery also has some 80 feet of old limestone cellars.

Be sure to stop just up th road at the Old Bale Mill, estab lished in 1846. No admission charged for this Napa Count Park-operated landmark, a though donations are requested There are picnic grounds on th mill property, as well as at th Bothe-Napa Valley State Park about a mile farther north. you plan to camp at the park advance notice is a good idea campsites are limited.

Calistoga, settled about 1840 began life as Hot Springs unt the boom that followed estab lishment of Sam Brannan's reso in 1859. Today the town feature hot spring mineral mud baths geysers, and the Napa Count Historical Museum.

You won't have any difficult locating plenty of wineries t visit. However, after your thir or fourth winery tour, you'll be gin to notice a sameness in th lectures and facilities; just a few wineries will probably do fo your introduction to the art o wine-making.

The California Wine Institute 717 Market Street, San Francis co 93103, publishes a bookle that includes a comprehensiv list of all California wineries However, the following lis

should give you enough winery touring to keep you busy.

Napa County

Beaulieu Vineyards, located on California 29 in Rutherford, is generally regarded as one of America's best wineries, particularly for red wines. Open daily except holidays, 10-4.

Inglenook Vineyard Company is Beaulieu's rival for top national ranking. Located near Rutherford, about one-half mile west of California 29, Inglenook has a fine collection of antiques on display for visitors. Open daily 10-4.

Charles Krug Winery, Napa's oldest (established 1861), was revived by the Mondavi family, who later established the Robert Mondavi Winery in nearby Oakville. Charles Krug is located just north of St. Helena on California 29. Open daily 10-4.

Christian Brothers Wine and Champagne Cellars annually attract thousands of visitors who stop just to admire the magnificent stone building. The cellars are one-quarter mile north of St. Helena on California 29. Open daily 10:30-4.

The Christian Brothers Mont LaSalle Winery, not to be confused with the champagne cellars, is the Napa Valley's biggest wine producer. The winery is located on Redwood Road eight miles northwest of the town of Napa. Take Brown's Valley Road (First Street) out of Napa, then turn left on Redwood Road. Open daily, 10:30-4.

Sonoma County

The *Samuele Sebastiani Winery*, at the intersection of Fourth Street East and Spain Street in Sonoma, has figured in Sonoma's colorful history, and is a state historic landmark. Open 10-5 weekdays, 11-5 weekends.

Haraszthy Cellars-Buena Vista Winery is another state landmark. You can guide yourself on a tour through Count Haraszthy's limestone cellars. They're located two miles northeast of Sonoma on Old Winery Road. Open 9-5 daily.

Windsor Vineyards and Winery, one of the newest of the Sonoma County operations, is as up-to-date as tomorrow, and you may find its modern equipment and techniques an interesting contrast to the older wineries. The winery is located on Old Redwood Highway, three miles from US-101. Watch for the Windsor exit off US-101 north of Santa Rosa. Open 9-4:30 weekdays, 11-5 weekends.

September is an excellent time to investigate the Napa and Sonoma wine country. As you make your tours of the wineries, you'll see enormous truckloads of grapes being emptied into crushers. Action will be hot and heavy around the fermentation vats as well. The mysteries of wine-making are much less mysterious at this time of year.

If you've set your tour for the end of the month, be sure to visit Sonoma September 23 and 24 for the annual Valley of the Moon Vintage Festival. The fun includes the blessing of the grapes, the vintage parade, a wine exhibit, open house at the wineries, food, games, and dancing.

For further information, contact the Wine Institute, the Sonoma Wine Growers' Association, 5540 Thomas Road, Sebastopol, California 95472, or the Napa County Development Council, 1120 Clay Street, Napa, California 94558.

Driving the Apache Trail

They call it the Apache Trail not so much because it was once an Indian thoroughfare but because the tumbled, harsh canyon land that accompanies Arizona 88 from Apache Junction to Roosevelt Dam typifies Apache country—stern, alien, and ominously beautiful.

It also can be hospitable country, provided you are equipped to enjoy its hospitality. There are five campsites between Apache Junction and Lake Roosevelt, with another in the nearby Superstition Wilderness, home of Superstition Mountain and the fabled Lost Dutchman gold mine.

But you don't have to come festooned with camping gear to enjoy the Apache Trail as a day-long sight-seeing excursion; your car will give you a comfortable front-row seat as the drama of this wind-scrubbed, jagged countryside unfolds. En route, you'll encounter lakes that stretch for miles along canyon bottoms, plus some closeup canyon viewing that will make you catch your breath.

From Apache Junction to the little village of Tortilla Flat, you follow a rather ordinary road surrounded by multicolored hills and outcroppings. But about five miles past Tortilla Flat the pavement ends and the road becomes a full-fledged adventure, edging breathtakingly for some distance along the rocky shoulder of a canyon overlooking Apache Lake. It's an excellent gravel road, but much less forgiving underfoot than pavement, and some nasty drops behoove caution. Don't attempt this drive with a large trailer in tow, or in a motor home.

Just when you've become accustomed to the colorful desolation of the canyon walls, you'll round a curve and find yourself confronted by the world's largest masonry dam, named for Theodore Roosevelt. Set in the austerity of its surroundings, the 1914 structure looks impossibly foreign, as though it had somehow been uprooted stick and stone and transplanted from western Yugoslavia.

Past the dam, you'll find a variety of routes available to you. To the right, Arizona 88 continues, heading southeast past the cliff dwellings of Tonto National Monument on its way to Claypool, where you can pick up US-60 to return to Phoenix—or US-70 toward El Paso, Texas. To the left, you'll encounter Arizona 188, which crosses the dam and heads north (15 more miles of gravel) through the Tonto Basin to join Arizona 87, where you can head south toward Phoenix or north toward Winslow. Both directions offer more campsites, and if you're headed toward Winslow you'll pass within three miles of the Tonto Natural Bridge, one of the most famous in the Southwest.

Apache Junction is 30 miles east of Phoenix on US-60. The Apache Trail is open year round, but be wary of flash floods during any period of rainfall.

San Diego's Wild Animal Park

The first clue that you're about to experience something out of the ordinary ought to hit you as you turn left off California 78 and confront a wooden stockade, looking enticingly primitive and foreign in its San Pasqual Valley setting. Within five minutes you'll be through

➡

More for your Travel Dollar!

In this section, you'll find sources of information to help you and your family pick the best vacation spots across the West. Check these sources carefully before planning *any* trip.

1 AIR NEW ZEALAND-SOUTH PACIFIC—Free full-color folders of South Pacific Australia, New Zealand. Fascinating facts of world's most exotic area.

2 BC FERRIES—Luxurious overnight car ferry trip up the coast of British Columbia. Drive back beautiful Canada BC Ferries Tsawwassen Terminal Delta British Columbia.

3 CALISTOGA—Profusely illustrated brochure showing the city and health & recreation facilities with map of the area and how to get there from San Francisco.

4 UTAH DISCOVERY COUNTRY!—Two dozen Utah Tours booklet detailing 24 exciting tours in Utah.

5 GET ALL THE FACTS ABOUT UTAH—Kit contains maps, full-color brochures, fact book with detailed information.

6 DISNEYLAND-FANTASY MOTOR INN—Free book of Disneyland rides and admission with every family reservation. Write for details.

7 IMPERIAL 400 MOTELS DIRECTORY—Your guide to all the perfectly located Imperial 400 motels throughout the west. Includes locations, local maps & rates.

8 LADD'S STOCKTON MARINA—Rent with confidence from the oldest established houseboat rental firm in the West. Send for brochure, rates.

9 RUSSIAN RIVER VACATIONLAND—Complete fact kit includes maps, pictures & information about resorts, motels, campgrounds, restaurants, special events, places to go & recreation.

10 RENT "SCOTSMAN" TRAVEL TRAILERS OR PICKUP TRUCK CAMPERS—"The happier way to travel." Over 500 rental dealers. List of Addresses—free.

11 FORD MINI-HOME VACATION RENTAL—Pickup campers & motor homes. SUN VALLEY FORD we have them all. San Valley, California.

12 SAN MATEO COUNTY—Free full color "WHAT TO SEE & DO" brochure. Map packed with tourist information.

13 FREE GOLF GUIDE—Shows location of golf courses, lists details, pars, cost, etc., in San Mateo County and nearby places.

14 GRAND CANYON NATIONAL PARK—Fred Harvey Inc. Lodges, mule trips, bus tours and one of the seven natural wonders of the world.

15 GRAND CANYON NATIONAL PARK—Fred Harvey Inc. Lodges in the park are open all year. Free color brochure.

16 OAKMONT ADULT COMMUNITY—Retirement living in California's fabled Valley of the Moon. Free color brochure describes $500,000 recreation center, includes floor plans.

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For picture brochure and full details, write **San Mateo County Convention & Visitors Bureau**, Dept. B, 1310 Bayshore Highway, Suite 12, Burlingame, California 94010.

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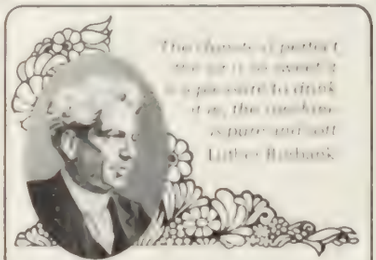
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Travel Directory

the Entry Rondavel and the enormous walk-in aviary adjoining it, then across Nairobi Village to Simba Station. As you wait at the station for the next run of the Wgasa Bush Line, watching a family of elephants ambling about casually on open ground a quarter-mile away, you'll grasp the full import of the new San Diego Wild Animal Park. It's more than an afternoon of watching exotic creatures; it's a bold and unique zoological first.

Almost ten years in the planning stages, and under construction for three more, the Wild Animal Park represents yet another embellishment to the already distinguished 56-year record of the San Diego Zoological Society. This 1,800-acre park is a zoo for animals as well as for people: most of the creatures living here run free in one of five spacious habitats prepared to duplicate as closely as possible their native environments. As you ride the five-mile Wgasa Line through East Africa, South Africa, North Africa, the Asian Plains, and Asian Swamps, you'll find the denizens of each area returning your stares—or turning coolly to trot off on some private errand. They feel comfortably at home, that it's *their* zoo. There is none of the restless pacing so common to animals caged up in less enlightened zoos, nor any of the psychotic behavior many species display when attempting to rear their young in captivity.

As a consequence, the San Diego Zoological Society's ambitions for the park are much broader than entertainment and education. Results of some of the earliest experiences with animals living on the grounds have made zoo officials hopeful that some of the world's 1,000 endangered species of birds, reptiles, and mammals will be conserved and, ideally, replenished here. The park already boasts the first baby cheetah born in captivity, and in May, just prior to the official opening, welcomed three more newborn cheetahs. There is also hope for a baby northern white rhinoceros, which would be another first, while among some of the antelope, less sensitive to captivity, young have already arrived.

The animals are grouped on a basis of compatibility, a sorting process that gave zoo personnel some anxious moments before everyone got settled in. The park's 20 burly white r (including four northern w rhino, the only collection in western hemisphere) have fered all sorts of imperti harrassment from the ante population, particularly truculent little male sprin who defends his 100-square territory near the big water



of the South African se against all comers. In the A Plains section, the saiga, a n tempered Russian antelope, to have rubber-coated base stuck onto the ends of his s horns, which he uses regu on all his neighbors, large small. And in the East Af habitat the dominant Grant's zebra leaves his terr about once a week to chall a nearby Grevy's zebra, w he usually absorbs a beatin

The collection is big, va and constantly growing. In ed are elephants, rhino, gir a lion habitat with 26 resid gnus, hartebeest, kudu, bles topi, nilgai, gazelle, impala dax, eland, deer, buffalo, z oryx, waterbuck, ostrich, cr storks—the list could easil from the script of *King mon's Mines*, and the hour Wgasa Bush Line monorail is well worth the price: $1.5 adults, $1 for children 12-1 cents for children 2-11.

There's more to see on in Nairobi Village—an a ment house gorilla-style, fo ample, or the fierce Kor Dragon. Flamingos t through their wading pond Galapagos Tortoise s around patiently in a roun closure. There is a "Kr where children can touch of the smaller animals, a you're near the elephant at the right time of day y see a pretty young staff me scrubbing down one of the s er Indian elephants; it's ha

who has the most fun.
The village itself is the
ievement of Charles Faust,
San Diego Zoo's designer
the last 15 years, and
La Jolla, California, archi-
t firm of Liebhardt, Weston
d Goldman. Faust, who got
start by designing the ex-
lent San Diego Children's
o, went on architectural scout-
tours in Uganda, Tanzania,
d Kenya, and Nairobi Village
ects his research. The Entry
ndavel is a copy of the burial
ıb of a Ugandan king, and
Congo River Fishing Village
patterned after a typical fish-
camp, complete with a small
terfall. All the buildings of
village follow the African
tif.
The usual services—food, pic-
facilities, gift shops, film,
t rooms—are available in the
age, which can accommodate
to 12,000 visitors.
Admission to the park is $1.25
visitors over 16, with chil-
n under 16 admitted free. Al-
ugh there is plenty of shade
Nairobi Village and the open-
ed Wgasa Bush Line cars
ke for a cool ride, be ready
hot summer temperatures.
o reach the park, located
miles north of San Diego,
e I-15 (US-395) north toward
ondido. When you pass
ncho Bernardo, watch for
ection signs. Southbound
n Los Angeles take I-5 (the
Diego Freeway) to Ocean-
. then head east on Califor-
78. The park is open daily
) a.m.
For further information, con-
the Zoological Society of
Diego, P.O. Box 551, San
go, California 92112.

Ontario—auto racing supermarket

The sport of motor racing is
dly new. The first spidery
omobiles had scarcely ap-
red on the roads of Europe
he late 1880s before their in-
tors began racing with one
ther. The thousands who
ed out to witness these of-
impromptu events ensured
proliferation of a spectator
rt that today draws more at-
dance than any other.
Equipment and specialization,
as the peculiarly American
g racing, have changed the
s of the competitors consid-
ly since those earliest days.
in the last two years, Cali-
ia's $25.5 million Ontario
tor Speedway (OMS) has
nged the packaging of the
re sport. With the advent of the new track, the supermarket concept has arrived, giving fans the best in stock car, sports car, Grand Prix, Indy car—and even motorcycle competition.

The list of drivers who have performed on Ontario's 2.5-mile asphalt oval and 3.196-mile infield road course encompasses all of racing's subcultures: Jackie Stewart, the defending world driving champion from Europe's Grand Prix circuits; U.S. Auto Club champion Joe Leonard; this year's Indianapolis 500 winner, Mark Donahue; all-stars Al and Bobby Unser, Mario Andretti, and A. J. Foyt; Richard Petty, Bobby Allison, and Bobby Isaac from the high-banked speedways of the South.

In the supermarket tradition, Ontario Motor Speedway is big. The layout covers some 700 acres, and can accommodate 140,000 spectators, with permanent seats for 85,000. There are 300 acres of parking, with room for 45,500 cars, and tram service to the gates and the infield.

The stands at OMS offer something quite new to the sport as well: 100 percent visibility of the high-speed oval used in stock and Indy car events and 85 percent visibility of the road course, used for sports car and Grand Prix competition.

September is your best bet for an exciting day at OMS—or for several exciting days. On September 3, OMS will host the third running of the California 500, the last major race of the season that began in May at Indy. The outcome of this event can very well determine the U.S. Auto Club championship, as it did last year; with a half million dollars prize money guaranteed, the very best will be on hand.

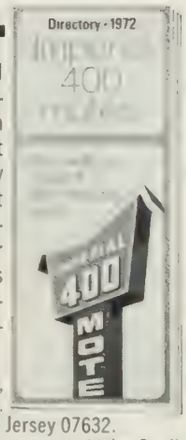
Reserved seats for the race run from $8 to $28, and are available through OMS offices at 3901 East G Street, Ontario, California 91761, or through Ticketron, Sears, or Montgomery Ward. Infield general admission tickets, $5 each, are available only at the track.

Almost as dramatic as the race itself is qualifying for starting positions, set for August 26 and 27, and the rates are a bargain: $2 per session. An August 31 testing session provides another opportunity for a pre-race look at cars and drivers for $1.

The track opens at 7 a.m. on race day, with three hours of air shows, motorcycle stunts, and pageantry preceding the 11 a.m. cry of, "Gentlemen, start your engines!"

Ontario Motor Speedway is located just off the San Bernardino Freeway (I-10), 40 miles east of the Los Angeles Civic Center. For further information, contact the speedway. ■

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Care and storage of table linens

get more mileage from coverings if you treat with a bit of tender, love. Linens should be re- before washing. Unholes and frayed areas accentuated with washending (professional-in- or at-home therapy) the fabric's lifetime.

ove any spots before ing. To wash woven nd lace cloths, use warm d rinse several times in ater to insure removal of and detergents. For all colored cottons and se 100 to 110 degree wa- . for white cottons and use 110 to 120 degree Before buying, be sure and printed cloths are st so they keep their color.

hetics, such as nylon, , and Orlon need no care in laundering and y quickly. Care must be ot to use an iron that's . Refer to the hangtags r fiber content and how for your cloth.

linens are washed and hey should be carefully ed and ironed. Iron first right side, then turn nd iron on the wrong ove the iron across from to selvage to bring out er of the cloth.

ng poses some prob- One fold down the center cloth looks better than And don't crease this th the iron, but lightly cloth over. If the fold d a little to the right or center with each wash- slight change won't be and will keep the cloth earing out in this one Tablecloths that have lery or monograms be ironed on a thickly board, first on the side to bring the design rply.

d and rectangular nats as well as napkins of s come out best if the s ironed first. Then the ould be turned and the oned.

n you're storing linens, ber the following tips: has a bad effect on nd fabric cloths and o keep them away from radiators, and any storts that are exposed to hours of sun from neardows. If you're storing n trunks or boxes, don't leave them in scorching attics.

Starched cloths that get damp will mildew, so you should remove starch from the cloth before it's stored.

Roll all cloths and runners after ironing if possible, using cardboard mailing tubes or rolled up newspapers. Then store them, ready for use, in long drawers or deep linen closets.

Napkins should be pressed into their correct folds and stored in stacks. Use boxes or fabric cases to keep them from slipping and becoming creased.

Allow plenty of stacking space for storing place mats. If they're synthetics, they should never be rolled because rolling will break the fibers. Fabric place mats that have been rolled have to be pressed before use. ■

Don't let your vegetables sit there like vegetables. Wake 'em up with MJB Rice Mixes.



Brave New Beans

Prepare 1 package MJB New Orleans Rice Mix as package directs. When rice has been brought to boil, add 1 (9 oz.) package frozen cut green beans and ¼ teaspoon salt. Bring back to boil; cover and simmer 15 minutes. Let stand covered 5 minutes. Garnish with tomato wedges, if desired.

Charismatic Carrots

Prepare 1 package MJB Chicken Flavor Rice Mix as package directs, but add 2 cups thinly sliced carrots and ¼ teaspoon salt when adding rice. Before serving, garnish with green pepper rings, if desired.

Pretty Peas

Prepare 1package MJB Herb and Butter Flavor Rice Mix as package directs, adding 1 (10 oz.) package frozen peas after rice has simmered 10 minutes. Simmer remaining 5 minutes; let stand, covered, 5 minutes before serving. Top with sour cream and sliced almonds, if desired. May be prepared with MJB Brown and Wild Rice Mix, if desired.

A one-pound can of vegetables may be substituted for the fresh or frozen vegetables in any of the above recipes. Drain vegetables well, and add to rice last 5 minutes it simmers. For a different and flavorful garnish, top cooked rice and vegetables with grated cheese after it has simmered. Cover and let stand 5 minutes before serving.

All seven MJB Rice Mixes make great side dishes. But they also make great casseroles, meat dishes, stuffings, and more. For our new recipe booklet, send 10¢ in coin to: MJB, Box 77101, San Francisco, Ca. 94107.

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Homemade yogurt

Yogurt is an old-world food with an old-world flavor that you can make at home. You don't need many utensils but you may need a little practice.

Since yogurt is made by the fermentation of friendly bacteria in milk, the key to success is providing the proper environment for these bacteria to grow. You will need a warm place (approximately 90°) for your yogurt to culture.

Remember these tips:

- It's important to keep the temperature of fermenting yogurt between 90° and 120°. A candy thermometer is a must.
- Don't be disappointed if first try at yogurt is runny separated; your culture is at this stage. For best resu your second try, use two spoons of your first home mixture and repeat the dure. Each time you mak gurt, set aside two tables mixture to use as a starter
- Eight hours is usually length of time for ferme plain yogurt, but fruited y may need only three hour
- If you make yogurt you'll notice that as the c grows older, the incubation will shorten until a pe reached; then action will down again. Within six to weeks the culture may ha be replaced. You can tell w new starter is needed by t creased acidity in taste an slowness of the fermentatio
- Yogurt thins when stirre
- Use sweetened or unswee fresh or frozen fruit to fruited yogurt. However, i use sweetened fruit, the tablespoons sugar in the should *not* be omitted.



PLAIN YOGURT

Buy plain yogurt to use starter the first time—

2 cups skim milk
2 tablespoons plain yogurt

In saucepan, heat milk to below boiling point (200°). to about 115°. Place plain gurt in mixing bowl; blen warm milk. Remove 2 spoons of the mixture and in a custard cup to use as s next time. Cover both with tic wrap and a towel. Pla bowl of warm water (115° low to stand 6 to 8 hours mixture is firm when sh gently. Change water in during this time, keeping temperature constant at 115°. Chill yogurt and st Makes 2 cups.

To make fruited yogurt: 2 cups milk and add to y starter as described above move 2 tablespoons of mi to use as starter next time. T maining mixture, add ¼ crushed fresh or frozen fruit 2 tablespoons of sugar. and allow mixture to stand bowl of warm (115°) wate 3 to 5 hours till firm. yogurt and starter. Makes 2

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New uses for old toothbrushes

Don't throw that toothbrush away! Clean away the toothpaste residue and store the brush where it's handy. You'll find dozens of uses for it in addition to the suggestions here.

- Use the toothbrush to clean deeply engraved silver pieces and tableware.
- Use it for tough metal-cleaning jobs, such as polishing brass andirons, trivets, etc.
- Remove caked wax from candlestick holders.
- Keep a toothbrush hanc cleaning marble-topped which may need special ting" with powerful chen Discard the brush after us
- Clean ceramic tiles in rooms and kitchens. A brush is excellent for res grouting to its original co
- Dust pleated lampshades a soft toothbrush.
- Clean out crumbs from the toaster. (Be sure it i plugged before you star job!)
- Clean the burners on range.
- Bring out the sparkle i mond rings and other je by scrubbing with a toothb
- Keep one near the cleanup sink. The tooth can serve as a nailbrush, cially for washing hands a paint job.
- Store a few toothbrush the home shoeshine kit. Or be used to clean mud from dren's shoes (especially the hard-to-get-at welt), ar for applying liquid or paste polish. A separate tooth can be kept for each polish used by the family
- Turn a toothbrush into a plicator when you dye purses, and other accesso
- Use a toothbrush for cleaning stubborn stains o lars and cuffs. Keep the handy in the laundry area.
- Clean out the crack in a with a toothbrush, or use moisten the edges thorough fore applying the new (or spackling).
- Use a toothbrush to antique furniture.
- Keep your golfing gear with the help of a toothb It's great for cleats, golf and club faces.
- For spatter painting, pla object, such as a leaf, on a of paper, then flick on the with a toothbrush. Whe item is removed, you ha interesting reverse effect.
- Spread glue with a toothb It provides an ideal "tra surface for best-ever grip
- Clean tools after a job. ply rust remover to metal with a toothbrush.
- Use an old toothbrush to your car's battery cables f acid corrosion.
- Give lettering pens a tho cleaning with an old toothb
- When toys are brought in outdoors, supply toothbr and let tots handle cleanu
- If there's a model train in the house, suggest a brush for cleaning tracks other vital equipment.
- Keep your tropical fish cile tidy with the help of a brush. It's just the right si cleaning filter tubing, as w other tank areas. ■

eaning d care of ainless

nless steel probably comes se to a no-care metal as find around the house, but oesn't mean you can mis- , or completely cross it o f outine cleaning and polish- t. Here are three good o follow:

Use the mildest cleaning that will do the job.

ub in direction of polish f brushed or satin finishes aximum results, and to marring the surface.

inse thoroughly with hot after cleaning, and wipe avoid water spots in hard- areas.

and counter tops

nless steel, which is a nation of metals, contains 8 percent nickel and at 11½ percent chromium. not rust, tarnish, wear h, or chip—and it resists nd vegetable acids, and from high-powered clean- s. It's truly solid! Such a surface never needs ing, but its lustrous finish ther the mirror or brushed —will brighten considera- you sponge on a fine scour- wder, rinse, then dry with . Many furniture creams itchen cleaners (check are good polishers for ss steel.

er spots that linger can be d by using a powder for old aluminum and stain- el. Wiping with a damp dipped in vinegar also es spots. Washing utensils stainless steel sink may it. Scratches usually nto the patina. However, to place objects such as ecue grill on a sponge they're being sink-bathed, vent noticeable scratches. juice and egg, left for may leave marks that re- polishing. Remember, al- work in the direction of es in a brush finish.

ware

nless steel pots and pans in the dishwasher, han- permitting—check manu- r's directions to be cer- used over excessive heat. s may develop a harmless r rainbow tint. This is a permanent change in or pan.

can use most copper 's on stainless steel—again the labels. For burned-on grease on pan bottoms, use ammonia full strength on a wet cloth, let stand for a half hour, then rinse off.

Flatware

Stainless steel flatware comes in various qualities, in both bright mirror and soft satin finishes. Even if the flatware is top quality (available by single piece as well as sets) water spots will linger; egg and lemon juice will mark it, too. To make flatware or hollow ware party-fresh, clean with silver polish, rinse in hot water, and towel dry.

Furniture and appliance trim

Wipe with a damp cloth dipped in any household window cleaner that contains ammonia. If range trim has a heavy grease buildup, wipe off excess grease then wash with baking soda and hot water.

Nalley's new ravioli tastes so Italian they should spell it "Nalli's"



Imagine being invited home for dinner by a wonderful Italian cook. Now our new raviolis give you that same, authentic Italian goodness. All the rich, full-flavored thickness of slow-simmered sauce. The firm, non-doughy texture. The same deliciously seasoned, plump-packed beef and chicken fillings that till now you could find only in an Italian home. You also can enjoy this real Italian flavor in Nalley's Spaghetti and Meatballs, Lasagne and Spaghetti with Beef and Sauce, too.

Nalley's: the good food fanatics.

French's

French's solves the mystery of oriental sauces.

You can make anything from Chow Mein to Chinese Mustard with French's new Oriental Sauce Mixes! We've got the flavoring all figured out for you. Just follow the [illegible] on each envelope. It's fun, foolproof and delicious! For example, just add water to French's Teriyaki Sauce Mix, baste your steak, and you've just made Steak Teriyaki! Great on burgers and ribs, too! With French's new Oriental Sauce Mixes, it's easy to be exotic.



Tricks with frosting mix

That package of frosting mix holds all sorts of delicious possibilities. Start with these quick and easy desserts.

FUDGE NUT ANGEL CAKE



Make this ahead for a card party dessert—

1 package chocolate fudge frosting mix (for 2-layer cake)
2 cups whipping cream
1 8- or 9-inch sponge or angel cake
1 medium banana, sliced (1 cup)
½ cup chopped walnuts

Combine frosting mix and whipping cream. Cover and chill 1 hour. Slice 1 inch off top of cake; set aside. Cut down into cake leaving a wall 1 inch thick on all sides. Place cake on plate. Beat frosting mixture till soft peaks form. Fold banana into 1 cup of the whipped mixture; fill cake. Replace top section of cake. Frost with remaining whipped mixture. Garnish with nuts. Chill 2 to 3 hours. Slice with serrated or electric knife.



BUTTER RUM SUNDAE

To reheat, thin sauce with a little more milk or rum—

4 tablespoons butter or margarine
2 tablespoons light corn syrup
1 package creamy white frosting mix (for 2-layer cake)
⅓ cup evaporated milk
¼ cup rum
½ cup chopped pecans
Vanilla ice cream

In saucepan, brown butter or margarine; remove from heat. Blend in corn syrup and about half of the frosting mix; add remaining mix and gradually stir in evaporated milk. Heat, stirring constantly. Remove from heat; add rum and nuts. Serve over ice cream. Makes 2 cups.



Photographs: Dieter

FROSTY BUTTERSCOTCH SQUARES

¾ cup fine graham cracker crumbs
¼ cup sugar
4 tablespoons butter or margarine, melted
1 can ready-to-spread butterscotch frosting
1 cup cream-style cottage cheese
1 cup dairy sour cream

Combine fine graham cracker crumbs, sugar and melted butter or margarine; mix well. Press crumb mixture firmly and evenly in bottom of 9x9x2-inch baking pan. Bake in 350° oven for 10 minutes; cool. In small mixer bowl, combine frosting, cottage cheese and sour cream. Beat on high speed of electric mixer till blended, about 3 minutes. Pour into crumb-lined pan. Freeze till firm, at least 6 hours. Garnish with nut halves, if desired. Makes 8 to 10 servings.

How to order material from the magazine

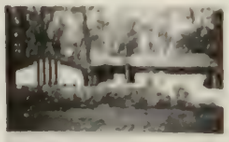


ter Homes and Gardens House Plan No. 3503-A
is for the house on page 59 are available for $25 with the cou- below. Package includes complete working drawings, a mate- list to help estimate costs, an outline specifications form, and its to include in the builder/buyer contract. Additional copies of house plan, ordered at the same time, are $7.50 each.



Project Plan 4209-2
Plans for the Sewing Center in a Closet on page 82 are available for $2 with the coupon below. The plan includes a materials list, working drawings, and cutting instructions.

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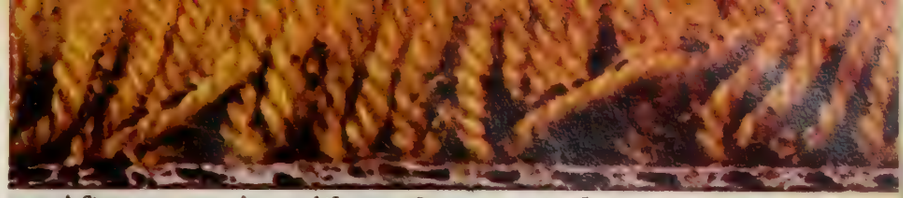
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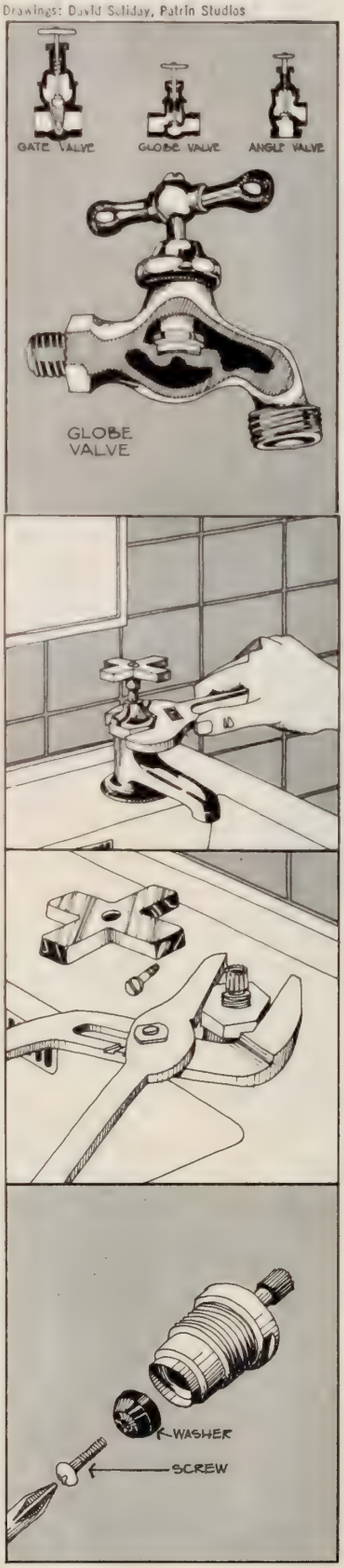
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Quick repairs for leaky faucets

Although a leaky faucet isn't a plumbing emergency, it could cost you plenty in additional water bills if left unchecked. Before you call for your plumber, check out what the problem is; most faucet failures are fairly easy to repair yourself. Here are a few simple tips to show you how to fix the most common types of faucet leaks.

Drawings: David Solliday, Patrin Studios



1. Typical valves include the gate, globe, and angle. To determine the cause of the leak, start by finding the exact place where it appears on the faucet.

If the spout is dripping, the problem is usually a worn faucet washer or a corroded valve seat in which the washer fits. A loose cap nut or worn cone packing can cause leaking at the stem. If you find water below the cap or packing nut, it usually is caused by a worn bib washer. All of these can be replaced quickly. Sometimes you can stop the leak simply by tightening the cap nut with a wrench or pliers.

2. Worn washers have to be replaced, but the job only takes a few minutes. First, turn off the water at the meter. Open the faucet to make sure it's completely off. You'll get some water at first, but it will stop shortly. Remove the faucet handle with a screwdriver.

3. Remove the valve by unscrewing it. Use a smooth-jawed plier for this, or pad a striated-jawed plier with adhesive bandage strips or cotton makeup pads. Once the valve is loosened, you should be able to remove it with your fingers.

4. Here's how the washer fits on the end of the valve stem. Remove the old washer by unscrewing the screw that holds it in position. Then reassemble it the same way with a new washer. The valve goes back into its shell the same way it came out. Adjust the handle on top of the stem to the proper shutoff point before you run into the screw.

Single-lever valve faucets can generally be repaired only by the manufacturer at the factory. Some of these faucets, however, now come wih a replaceable cartridge that contains all the working parts. Check your plumbing supply dealer for these cartridges. Directions on the package will explain how to change the cartridge in your particular faucet model.


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Power tool safety pointers

With the wide variety of power tools available today, you can zip through home projects and repairs in next to no time. But to avoid an unnecessary accident, take time to observe these basic safety rules. Read the owner's manual carefully to find applications, limitations, and special hazards associated with a particular tool. You can usually get a manual even for an older or used power tool by asking a dealer. Keep your manuals together in one place.



Use the right tool, and don't expect a small tool or attachment to do the job of a heavy tool, such as the power saw being used on a section of tree trunk at left.

Don't force a tool on the wrong job or at a faster rate than it was designed for. The wide variety of tools and accessories available makes forcing unnecessary.

Drawings: Red Fox Studio



Ground all tools—unless labeled double-insulated, in which case they require no grounding. If the tool is equipped with a three-prong plug, it should be plugged into a three-hole electric receptacle. If an adapter is used to accommodate a two-prong receptacle, the wire must be attached to a *known* grounded connection. Never remove the third prong from the plug.



Don't abuse the electric cord, or put unnecessary strain on it, or you might get a shock. Keep cords away from heat, sharp edges, oil and water, and never carry a tool by its cord.

To avoid accidental starting of portable electric tools, never carry a plugged-in tool with your finger on the switch.



Keep your work area clean. An untidy work area is an invitation to trouble. A few minutes of cleanup time will result in a better, safer job.

Beware of damp and wet areas when using electric power tools. You may be in for a jolt if you use an electric hedge trimmer while standing on wet grass or use a power drill or saw in the rain.



Keep children and observers out of the way while you're working. A sudden move could distract you and cause injury to you or an onlooker.

Store tools in high, dry, and preferably locked-up places. This will lessen the possibility of damage to the tools and keep curious youngsters out of trouble.



Don't overreach—keep proper footing and balance at all times. Safety is worth a few extra seconds, so don't let your enthusiasm carry you away.

Secure whatever you're working on with clamps or a vise. This is safer than using your hand and frees both hands to operate the tool.



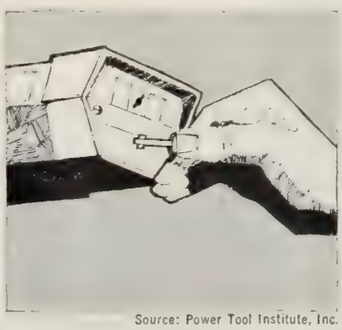
Give tools tender loving care by cleaning, lubricating, adjusting, and sharpening. They will work better and more safely.

Disconnect tools when not in use. Before servicing or changing accessories such as blades, bits, and cutters, be sure the tool is unplugged. Even if you're careful, someone else may not realize what's happening.



Use safety glasses with most tools. If flying dust particles or fragments are kicked up by the work, you also need a protective dust mask. Even small particles of wood or metal can seriously damage eyes or face.

Wear proper apparel, and avoid loose clothing or jewelry which might get caught in moving parts of tools. Rubber gloves and footwear are recommended for outdoor work. Keep guards in place and in working order.



Be sure to remove the switch key from your power (radial arm) saw when it's not in use. To avoid accidental starting, be certain the key is removed before plugging in the power cord.

With all tools, make certain adjusting keys and wrenches are removed before starting.

As a safety measure, wire all major power tools so they can be shut off with one main switch.

Source: Power Tool Institute, Inc.



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I'm an operator. And the way to save on interstate Long Distance calls is to dial them direct from your home or office—without involving an operator in the call.

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But those are the exceptions. On all other interstate Long Distance calls you dial direct from your home or office without operator assistance, you'll save.

Examples of Long Distance rates for station-to-station coast to coast calls

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Weekdays	8 a.m. to 5 p.m. Mon. thru Fri.	$1.85 first 3 minutes	$1.35 first 3 minutes	50¢ first 3 minutes

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*One-minute-minimum calls available only at the times shown. Additional minutes are 20¢ each.

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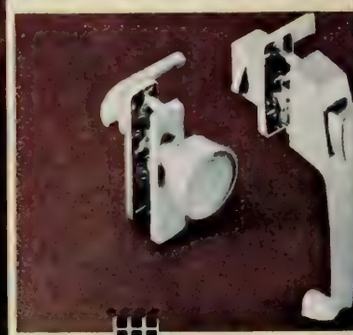
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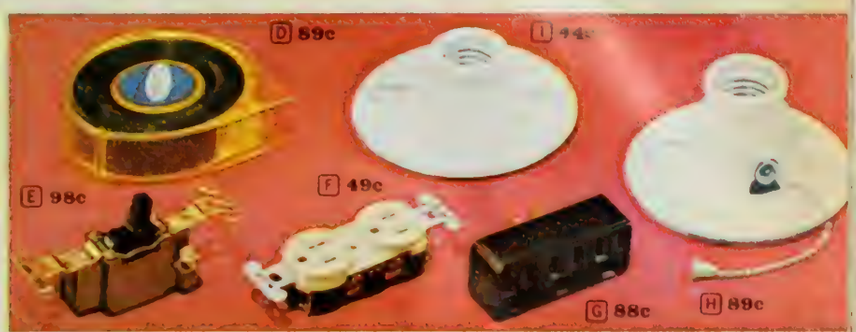
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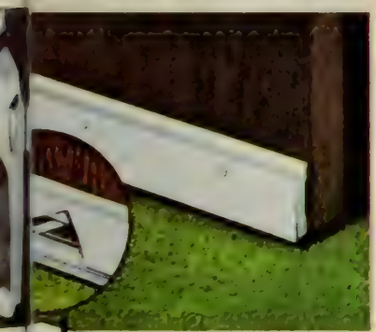
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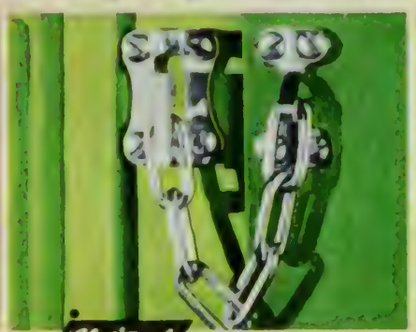
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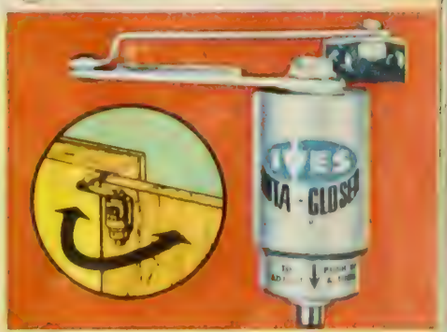
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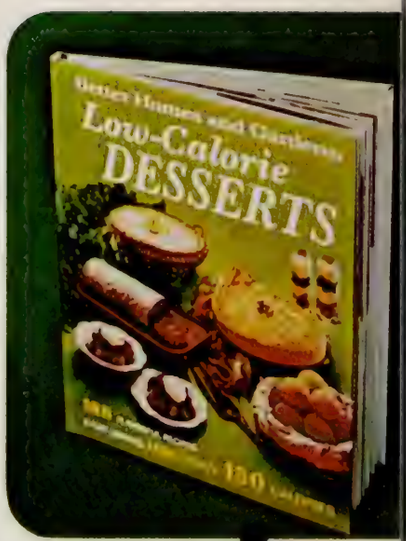
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WHEREVER BOOKS ARE SOLD

Vacations in the South

Continued from page 150

ley River from the Municipal Yacht Basin, rounds the Battery, then aims for open sea, providing glorious views of Historic Charleston, of Fort Moultrie on Sullivans Island, and of Fort Johnson, from which the decisive "first shot" was fired at Sumter.

Charles Towne Landing. This new 200-acre park marks the spot where, in 1670, about 150 Englishmen began building a settlement on the banks of the Ashley River. They called it Charles Towne, after their King, Charles II. Children will go for the *Adventure,* replica of an early trading ketch, and for the stockade and the Animal Forest where deer and buffalo roam.

Middleton Place Gardens and Plantation Stable Yards. It was in these hill-and-dell gardens in 1783 that the first camellias brought into America were planted. You can see them today, thriving still. What sets these gardens apart from the others—these, too, have thousands of azaleas, massed around mirror lakes—are the stable yards that have become a sort of working museum where visitors can observe a southern plantation in operation.

Magnolia Gardens. John Galsworthy called this 19th-century garden "the loveliest garden in the world." Its camellia collection, America's largest, includes 500 different varieties. Open February 15 to May 1.

Cypress Gardens. This bewitching water forest is best seen from a boat—bald cypress rising from inky waters, gray beards of Spanish moss trailing from trees, shrubs, and bridges, a black-and-white scene except during spring's blaze of azaleas. Open February 15 to May 1.

Boone Hall Plantation. The approach is the thing here, a mile-long avenue of live oaks arching over a sandy lane all but smothered in Spanish moss. You saw it in "Gone with the Wind."

Cape Romain National Wildlife Refuge. In this 15-mile stretch of Atlantic seashore are 60,000 acres of salt marshes, islets, and inlets, where the Eastern Brown Pelican, an endangered species, nests and where the giant loggerhead sea turtles come ashore to lay eggs. There are alligators here, too, and rare river otters and shy whitetail deer.

Belle Isle Gardens, near Georgetown. There's no plantation house here, but some hauntingly beautiful gardens, half-wild remnants of what had been the plantation home of Francis Marion, South Carolina's courageous Revolutionary War commander known as "The Swamp Fox."

Brookgreen Gardens, Murrells Inlet. Compared to the grace and ease of South Carolina's other gardens, these formally landscaped gardens, filled with giant equestrian statues, bronzes, and stone sculptures, seem austere and up-tight. Note: For some of the best seafood South Carolina has to offer, hunt up Oliver's Lodge in Murrells Inlet.

A word about the season. The Charleston area has what must be the world's shortest tourist season: from about April 1 to mid-May, when azaleas and camellias paint the town red and when dozens of private homes and plantations are open to the public. Charleston *is* loveliest during this brief garden season, but also jam-packed. A better time to visit would be just before or after the peak flower season, or, maybe best of all, after Labor Day up until about November 1, when the days are warm and golden, the beaches and towns deserted.



Middle Gulf Coast

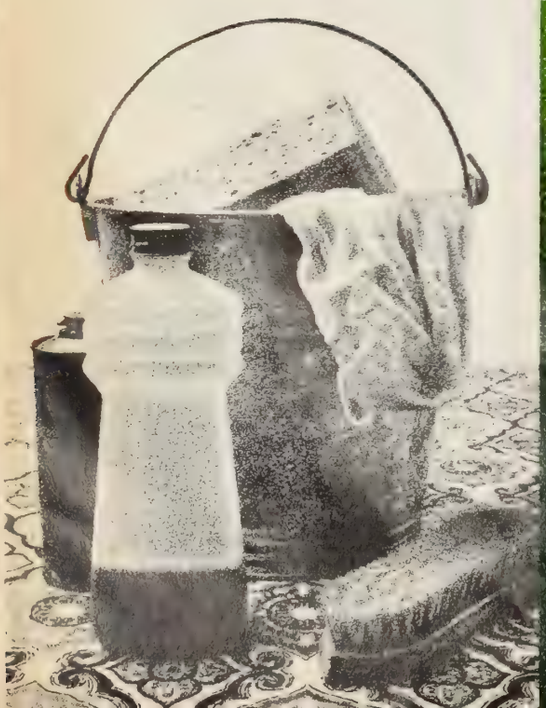
The Gulf Coast portions of Alabama and Mississippi are for families who like their seaside pleasures with a difference. Alabama's coast has an inland, laky feel, with bayous, inlets, bays, and lagoons. Mississippi's 26-mile-long stretch of white sand is bordered by gnarled oaks trailing beards of Spanish moss and by the aristocratic dignity of balconied old houses set in gardens that line the Coast Road.

Alabama's coastline isn't extensive. It swings up from the narrow peninsula known as Pleasure Island along the bay to Mobile and back down to Dauphin Island; from there the road cuts inland until it reemerges on the Mississippi Gulf Coast at Pascagoula. But in this 100-mile sweep there are pre-Civil War forts, lovely landscaped gardens, a battleship and

Continued

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Vacations in the South

Continued

a submarine, unexpected little shrimping villages, pirates' coves, and, of course, the enchanting French-Spanish city of Mobile.

The Mississippi coast, which extends roughly from Pascagoula to Bay St. Louis, was devastated by Hurricane Camille in 1969, but recovery has been so rapid and so intelligently planned that even those familiar with the area will not find it radically changed. Today, evidence of the disaster tends to be intriguing rather than depressing: a swimming pool in the middle of a houseless lawn; gracefully curving steps leading nowhere; a wrought-iron fence enclosing nothing but wild flowers; a stranded barge painted from stem to stern with hippie art.

Where to stay

In Alabama, you can spend an interesting vacation right in Mobile, but an even better choice is Orange Beach, on Pleasure Island. Families who can't travel without the dog, the cat, the youngest child's favorite pillow, the oldest's beloved guitar, and 67 comic books return here summer after summer, and with good reason. It's inexpensive, and children become passionately attached to the freedom of having absolutely nothing to do but check the constantly baited crab traps (a good overnight catch is six or seven big blues), fish off the piers, paddle in the shallow bay water, and watch dolphins playing off shore. Here are three places in Orange Beach you might like:

The M & R Lodge, in a shady live oak grove on Bay La Launch, has completely furnished housekeeping cottages ranging from $65 a week for a family of five to $80 for as many as ten. (Add $15 a week for air conditioning.)

Orange Beach Cottages have much the same setup, with prices from $65 to $100 a week —the higher prices for the new cottages, directly on Wolf Bay.

Gulf Gate Lodge, on Terry Cove, is somewhat more expensive, perhaps because of its on-the-spot marina, comfortable central lodge, and a restaurant specializing in fresh-caught fish. For a family of four, figure on $100 a week; for six, about $125.

In Mississippi, there are cottages on the Pascagoula River and a resort at Ocean Springs that make good bases:

Tucei's Fish Camp, in Gautier, on the Pascagoula River, rents housekeeping cabins for about $85 a week for a family of four. (Count on $2 a night more for each additional child.) Rowboats and speedboats are available, and there's good fishing.

Mary Walker Fish Camp, also in Gautier, on a bayou-offshoot of the Pascagoula, has completely equipped cottages for about $120 a week. Boats are for rent.

Gulf Hills Dude Ranch and Country Club, in Ocean Springs, is a complete resort, beautifully set in pine woods with lakes, miles of riding trails, and a championship 18-hole golf course. Cottages, rustic on the outside and elegant within, run from $62 daily for four people, $7 extra for each additional child 4-17, and $3 extra for children three and under. Rates (which are lower in the winter) cover three enormous meals a day and all resort privileges, including unlimited riding and golf.

What to do and see

In Alabama:

Fort Morgan State Park, on Pleasure Island. The star-shaped fort was built to a design by Michelangelo, and stands on the site of an earlier Spanish fortress built in 1599. It was here, during the fierce Civil War battle of Mobile Bay, that Admiral Farragut damned the torpedoes and steamed full speed ahead. The fort's high parapets, massive wooden doors, dark arched echoing tunnels, and Old Tudor Rose Gun stir a sense of history made more poignant by the sight of a white granite step stained with Confederate blood.

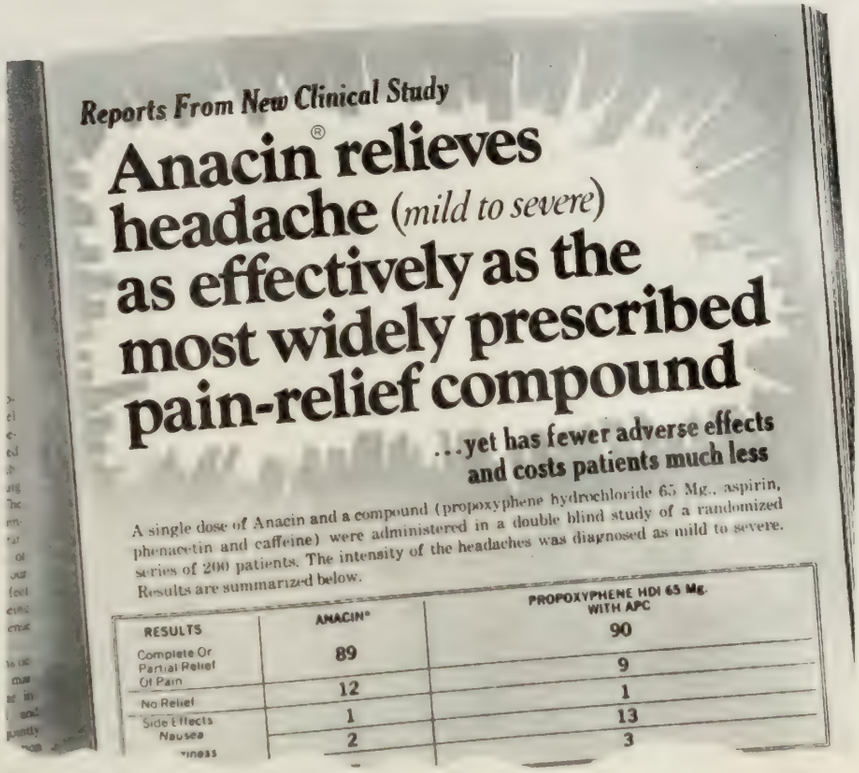
Battleship USS Alabama and Submarine USS Drum. Battleship Causeway east of Mobile. Spectacularly floodlit at night and fascinating to explore by day, the *Alabama*, which led the Pacific Fleet into Tokyo Bay at the end of World War II, dominates Mobile Bay. You can explore her from stem to stern, at your own pace.

Bellingrath Gardens, Theodore, south of Mobile. For sheer showy beauty, the best time to visit these creatively landscaped gardens is during spring azalea season, when the color literally takes one's breath. But spring crowds are so formidable that it's really more fun to go off-season: in summertime there are daylilies, hydrangeas, and wonderful roses. Allow several hours to stroll past grottoes,

Continued

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rock gardens, mirror lakes afloat with swans, terraces, and broad lawns, the Oriental Garden bright with flamingos. The Moorish Bellingrath home has a fine collection of antiques, silver, and porcelain.

Dauphin Island. Separated from Pleasure Island by only three miles of water, Dauphin (pronounced "dolphin") Island has a disarming green beauty. Pines 80 feet tall line its central boulevard, and there are Indian shell mounds, sculptured sand dunes, and a bird sanctuary so quiet that the song of a warbler startles the ear. There's also a public beach, camping sites, surfing, and Fort Gaines—sister to Fort Morgan, though not so impressive. But the chief passion here is deep-sea fishing. There are about 15 local charter boat services, and an annual fishing rodeo that a few years ago yielded a 641-pound shark.

Mobile. This is a very old city, beautiful and proud. Founded in 1702 by Jean Baptiste Le-Moyne Seur de Bienville, it has lived with grace and serenity through several wars and under six flags. Mobile's atmosphere is such that you can feel it simply by strolling through Bienville Square or driving along Government Street, where branches of huge live oaks arch to meet overhead, and handsome white houses with lacy iron grillwork stand back on cool lawns. Restoration is under way in De Tonti Square and Church Street East, where antique gas lamps light more than 80 historic buildings, many open to the public.

Strolling through Spanish Plaza, you'll see fountains, statues, and scenes in mosaic tile from all the provinces of Spain. There's also a glass case containing a reproduction of Queen Isabella's crown jewels, with the touching words she spoke to Columbus before his voyage to the New World: "Columbus, I lent you my jewels so you could buy your ships. The only ornaments I have are the violets of the hills."

In Mississippi:

Plantation Home, Gautier. This charming old place with spacious verandas overlooking the "Singing River" is set in a grove of live oaks, with an old log cabin on the grounds. The stern-wheeler *Magnolia Blossom* leaves daily from the plantation dock to cruise the Pascagoula ($3; children, $1.50).

Josie's Singing River Pottery, Gautier. Among the intriguing items on sale here are ceramic magnolia candelabra, blue crab sauce bowls, flounder hors d'oeuvres trays, and curiosi of driftwood and shells— made in Josie's old washho

Biloxi (pronounced Buhlux The oldest settlement in Mis sippi, where d'Iberville lan in 1699, is full of interesting houses and entertaining thi to do. See Beauvoir, last h of Jefferson Davis; the French Cemetery, burial grou of pioneer families; the Shri and Oyster Boat Fleets (one Biloxi harbor and one on B Bay), which are blessed i colorful ceremony early e summer; the Biloxi Light Hou painted black by a local indiv ualist after Lincoln's assassi tion but now restored to its o inal white. From the lightho the Shrimp Tour Train dep six times daily for a ten-m 50-minute narrated tour of toric sites, including pictures Back Bay, Spanish House 1780), French House (c. 17 and "Eight Flags," an amu ment center with a pet-and-f deer ranch. The *Sailfish* of a similar hour-long excursi only on the water.

Gulfport. The town itself undistinguished, but its ya club and marina are outsta ing. Here you can rent a de sea fishing boat or a simple o board motorboat, or take *Pan American Clipper* to S Island, 12 miles offshore, wh you can explore an interest fort built by the Confedera but captured and renamed F Massachusetts by the Yanke enjoy fine swimming, surfi surf-casting, and shelling, or r a dune-cycle. The *Clipper* s twice daily, at 8:30 and 12: $3 for adults, $1.50 for ki Also at Gulfport's harbor Marine Land, with an aquariu and dolphin and seal shows.

Pass Christian. Although C mille did her worst damage he there are many imposing m sions still standing, built a c tury ago by sugar barons fr New Orleans and cotton ki from Natchez. Ballymere, hand-hewn cypress, and Dix Woodrow Wilson's winter Wh House, are most notable.

Tip: Although Mississipp beaches are snowy white a temptingly uncrowded, the w ter is shallow, and offshore lands break the surf. For exc ing swimming, go by boat Horn, Cat, Deer, Petit Bois, Ship Islands.

Jean Anderson, from No Carolina, and Jean Todd Fr man, a Mississippian, are form magazine editors whose fr lance assignments often c upon them to write about t South.



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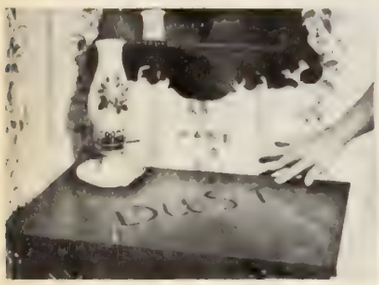
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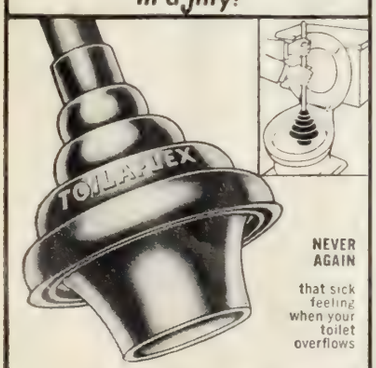


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GARDENING IN SEPTEMBER

Begins on page 34



Narcissus planting time

In most areas, September is not too soon to plan plantings and order spring-flowering bulbs. Narcissus, a familiar sight in spring, includes both jonquils and daffodils, often referred to as "Easter flowers."

There are many different types of narcissus available in various colors, shapes, and sizes. By selecting suitable varieties carefully, you can have daffodils in bloom the entire spring season.

Here are some pointers on buying daffodil bulbs. Look for the largest bulbs because these bloom the best. Seek out heavy, firm, double-nosed bulbs that have one or two additional offsets attached. Watch for dry rot, (a softness of the bulb) and other imperfections. These sickly bulbs won't recover in the ground after planting; in fact, they may contaminate other bulbs.



Peony pointers

As long as your peonies flower well each year, you don't have to divide them. Actually, as a peony plant increases in size, it brings forth better flowers.

But the signal to divide and reset a peony clump is reduction in quantity and quality of bloom. Then it's necessary to get out the spading fork and go to work. Early September is the best to divide oriental poppies, bleeding-hearts, also. Use si signals to decide when to plant these perennials.

Peonies usually don't ne be divided frequently— every five to ten years is re mended. If you're just st peonies, planting instructio the same as for division.

First, pick a sunny, drained spot. Work compo peat and a handful of s phosphate into each new ing hole. Center the new di or start in the hole, and h the budded crown is one t inches below the surface. starts or divisions should three to five healthy buds.

After dividing a peony c with a knife, discard any or damaged parts. Healthy starts will reach their blooming in about three



Moving planters

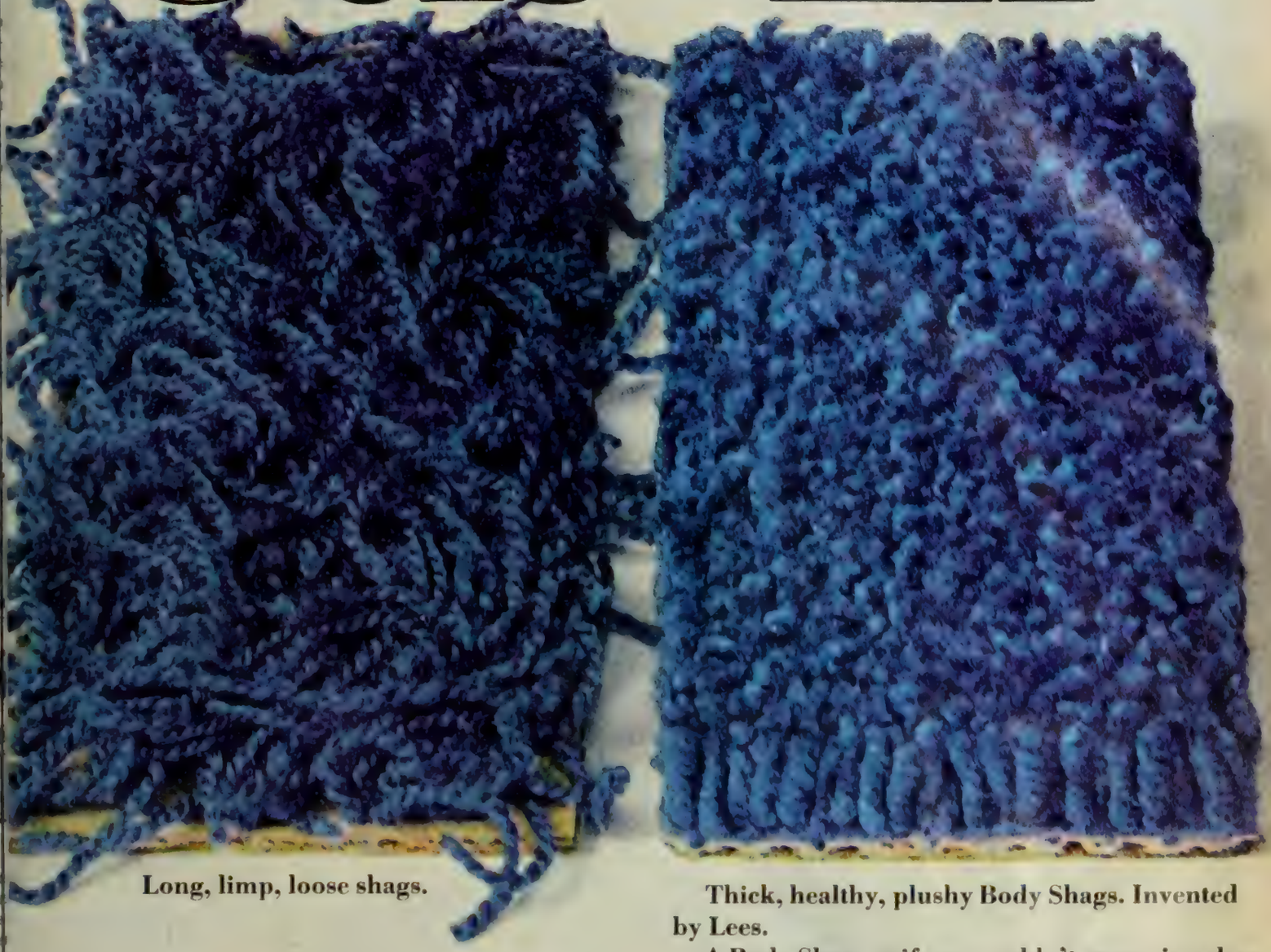
If you are moving heavy pla inside or to a more prot area for winter, don't s yourself. Even if your pla are not on casters or rollers, can simplify the job.

Keep on hand three or sections of two-inch-dian pipe, or thick wood dowels to three feet long. These useful in moving flat-bo loads like planters or rail ties.

Place a pipe (roller) u one side by lifting the load a wrecking bar or a plank. I a second pipe several inch front of the one in place push half the load onto it.

Once you have the loa rollers, just place the third r ahead of the load in the d tion you want to go; then the roller that comes free a back to the front. Continue procedure until you reach destination. There's no h lifting involved. ■

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You choose the wood for a formal or informal appearance. Features plenty of adjustable shelves, cabinets, and drawers. Add a touch of Mediterranean elegance to any room in the house. This storage wall was made from rough-cut redwood plywood; drawers are saw marked to look like two. Plan No. 3605-3



SPACE-SAVER BUNKS

These bunk beds fit in the smallest quarters. In addition to the two beds there's a sliding-door closet plus two drawers for clothing or toys. You can build this project in component parts and just fasten them together. Simple plywood box design; can be built in a weekend. Plan No. 3510-9



OUTDOOR WORKSHOP

Here's the workshop you've always wanted. You're free to make all the noise and create all the sawdust you want—without a complaint. Big double doors make moving bulky materials and heavy equipment a snap. You could even build a boat in this workshop and get it out! Building is 16'x16' square. Height is 13' at peak, 8' at eaves. Plan includes specifications for off-ground construction; can be built on any terrain. You could use this same basic plan for a sewing center, guesthouse, or cottage! Plan No. 3907-1

GARAGE STORAGE

You can adapt this project to fit any size garage. ¾" plywood can be used for the framing. You can also use side mounting adjustable metal shelf strips and the lumber of your choice for the shelves. Full length cabinet can include a pegboard back. Then just hang the doors and finish.

Plan also describes four other types of storage units; storage dividers, closets, and garden storage cabinets. Plan No. 3603-1



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an emergency: ill you be helped?

...s on page 52

...n attendant will know which ...tal can best handle the in... ...he encounters.

...should operate ambulance ...es?

...rban areas, a department ...n the city works well. Fire ...police departments do ex... ...nally well, partly because ...already have some knowl... ...of first aid and are geared ... emergency pace. Fire de... ...ents have a slight advan... ...because there are fewer ...e demands placed on their ...

...mmercial ambulance ser... ...are generally unprofitable. ...cent years, many business... ...who have owned them as ...nes to a gas station, a fu... ... home, or a wheel chair ... store have gone out of ...ess. Their problem is they ... charge the individual per ...usually about $35. But the ...f operating a well-equipped ...e vehicle with a trained crew ...l run as much as $75 per ...Ideally, government should ...lize rescue services. Emer... ... services should not have ...y their own way any more ... police or fire departments ...e expected to do so.

... rural regions, volunteer ...lance services have proven ...cal. A community with a ...teer fire department has a ... basis for developing a vol... ...r ambulance service. Many ...ples of excellent volunteer ...tions, especially in Virginia ...New Jersey, can be cited.

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...icopter can, under the right ...tions, shuttle an accident ...n to the hospital in a sixth ...e time required by a con... ...onal ambulance. But the ...opter has serious shortcom... It can't be used on city ...s where power lines and tall ...ngs restrict landing. It can't ...ed during bad weather, and ... under ideal conditions at ... And above all, a helicop... ... outlandishly expensive to ...nd maintain.

...all helicopters generally ...or around $50,000 apiece ...ave such limited room that ...njured must ride in litters ...ed outside on the pontoons. ...dants can't possibly treat ...njured en route to the hos... pital. Larger copters can carry two litters inside, but these planes cost $100,000 each.

Still another problem is the distracting effect a noisy helicopter has on drivers when it lands next to the roadway. In Chicago, where helicopter ambulances are being used on a limited basis, many rear-end auto collisions have resulted partially from this distraction.

In spite of these limitations, helicopters can be used effectively in rural and suburban areas where the receiving hospital is a considerable distance away. And when it is not responding to emergency calls, the helicopter can serve double duty for traffic surveillance or for police work.

If your community falls short

There are a number of things you can do to bring emergency services up to standard. The most obvious is to write letters to city and state legislators and administrators to point out shortcomings in legislative standards.

A more effective technique would be to help form a local community council on Emergency Medical Services. Such a commission should include representatives from the local health department, hospital associations, police and civic groups. The American Medical Association encourages commission formation as the most effective way to plan a workable emergency system. A commission undoubtedly can exert much more leverage to get financing and regulations passed than can any single group or individual.

But an emergency medical system does not exist in a vacuum. Its costs must be weighed against other needed traffic safety programs. A stout fence at the top of a dangerous cliff is certainly as important as an ambulance down in the valley.

The Highway Safety Program Services Department of the National Safety Council can evaluate your community's emergency needs in relation to practical considerations of all other safety needs, and then offer up a detailed plan. The cost of this in-depth appraisal is as little as $1,000 for communities of less than 25,000 residents. Its value can be measured in lives saved. ■

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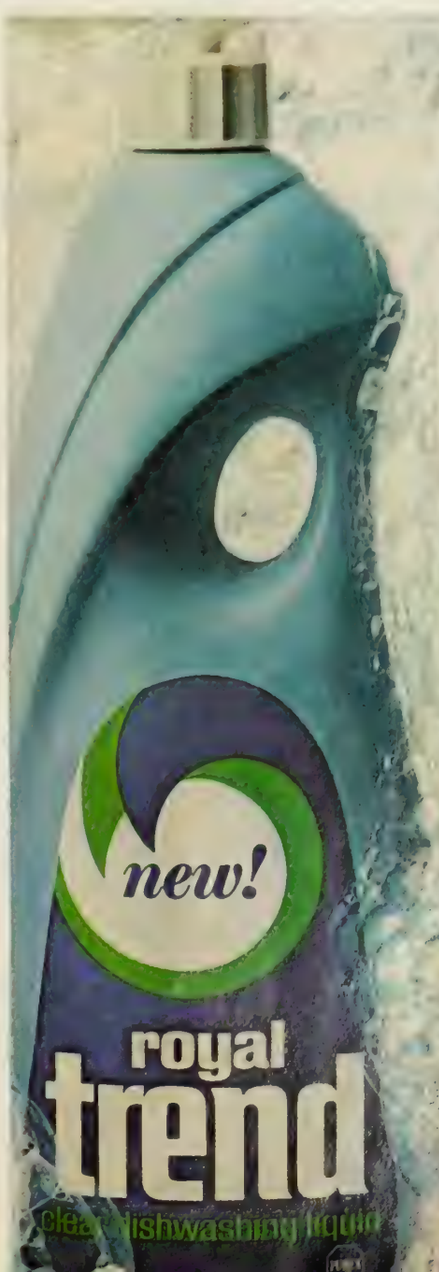
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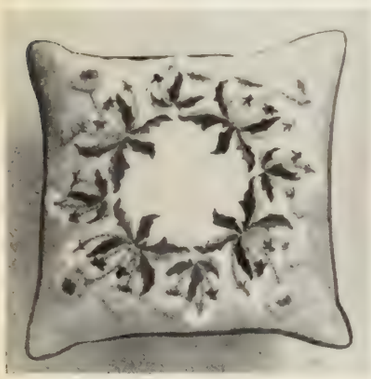
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3. Please include postage: for one pillow add 75¢, two or more add $1.00.

OUR GUARANTEE
Your money back if not completely satisfied.

Freezing fruits *Begins on page 84*

Fruit	Syrup Pack	Sugar Pack
Pears	Wash, pare, halve or quarter, and remove cores. Cook in boiling Medium Syrup (below) for 1 to 2 minutes; drain; cool. Pack pears into containers. Add ¾ teaspoon crystalline ascorbic acid per quart cold Medium Syrup. Cover fruit with syrup, leaving headspace (below). Seal, label, freeze.	
Plums	Wash, pit, halve, or quarter. Pack into containers. Add ½ teaspoon crystalline ascorbic acid to each quart Medium or Heavy Syrup (below) depending on tartness. Cover fruit with cold syrup. Leave headspace (below). Seal label, and freeze.	
Raspberries Blackberries Loganberries Boysenberries	Wash and drain. Place in containers. Cover with cold Medium Syrup (below), leaving headspace (below). Seal, label, freeze	Wash and drain. Add ¾ cup sugar to each quart berries; mix carefully to avoid crushing. Place in containers, leaving headspace (below). Seal, label, freeze.
Rhubarb	Wash, trim, cut in 1- or 2-inch pieces or in lengths to fit container. Cook in boiling water 1 minute; cool in cold water. Pack tightly into containers. Cover with cold Medium Syrup (below), leaving headspace (below). Seal, label, and freeze.	
Strawberries	Wash, drain, remove hulls. Slice or leave whole. Place in containers. Cover with cold Heavy Syrup (below), leaving headspace (below). Seal, label, and freeze.	Wash, drain, remove hulls. Slice or leave whole. Add ¾ cup sugar to each quart of berries; mix well. Place in containers, leaving headspace (below). Seal, label, and freeze.

FROZEN FRUIT YIELD

Generally the following amount of fruit as purchased yields 1 pint frozen fruit.

Fruit	Amount
Apples	1¼ to 1½ pounds
Apricots	⅔ to 4/5 pound
Berries*	1⅓ to 1½ pints
Cantaloupe	1 to 1¼ pounds
Cherries	1¼ to 1½ pounds
Cranberries	½ pound
Peaches	1 to 1½ pounds
Pears	1 to 1¼ pounds
Plums	1 to 1½ pounds
Raspberries	1 pint
Rhubarb	⅔ to 1 pound
Strawberries	⅔ quart

*Includes blackberries, blueberries, boysenberries, elderberries, and loganberries.

SYRUP PROPORTIONS

For syrup-packed fruit: Heat sugar and water till dissolved; chill. Figure ½ to ⅔ cup syrup per pint packaged fruit.

Syrup	Sugar (cups)	Water (cups)	Yield (cups)
Thin	2	4	5
Medium	3	4	5½
Heavy	4¾	4	6½
Very Heavy	7	4	7¾
Extra Heavy	8¾	4	8⅔

LEAVE THE PROPER HEADSPACE

Avoid cracked containers and "freezer burned" fruits by leaving correct headspace. This is the space left between the top of the fruit and rim of container.

Sugar, Syrup, and Water Packs

Leave ½-inch headspace for pint containers with straight or slightly flared sides and wide top openings. Leave 1-inch for quart containers. If you use containers with narrow top openings or glass canning jars*, leave ¾-inch headspace for pint size and 1½ inches for quarts.

*Glass canning jars may be used only with sugar- and syrup-packed fruits. Do not use for unsweetened water-packed peaches and strawberries.

Unsweetened Pack

When no sugar or liquid is added to the fruit, leave ½-inch headspace for pints and ½ inch for quarts.

STORAGE TIME

If fruits are properly frozen and stored at a temperature of 0° or below, they will maintain high quality for 8 to 12 months. Citrus fruits and juices should be used in 4 to 6 months for highest quality. Eating fruits stored longer than the recommended time is not harmful, but the quality of the fruit may suffer. Fruits packed unsweetened, without syrup or sugar, will lose quality sooner.

USING FROZEN FRUITS

Thaw fruits right in the sealed container for best color and flavor. Below are three thawing methods and the approximate times to allow for thawing 1 pound of syrup-packed fruit:

6 to 8 hours in the refrigerator
2 to 4 hours at room temperature
½ to 1 hour in bowl of cool water

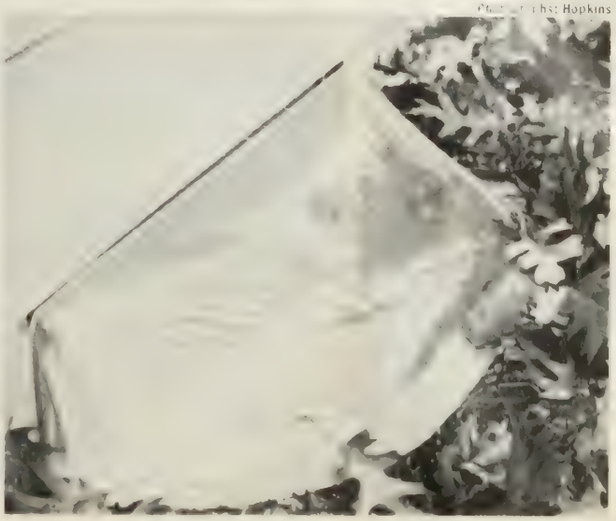
If fruits are to be cooked, they need only be thawed enough to separate. Be sure to adjust the recipe for any sugar added before freezing.

Well-groomed window wells

Cleaning out leaves and trash that collect in window wells isn't the most pleasant chore in the world. Abolish it for good with one of these ideas.



Regardless of the shape of your window wells, galvanized hardware cloth (which resists rust) effectively prevents them from filling up with material. One-half-inch mesh was used for this covering—or you may use one-fourth- or three-fourths-inch mesh. By using wire- or tin-cutting shears, you can cut the hardware cloth to any desired shape and size needed. With your hands, bend the wire to achieve a snug fit. If you anticipate that youngsters may try to remove the screen, just secure it to the house siding with pegs and a couple of staples.



You may prefer a domed well cover, such as this one. Clear plastic or fiber glass models are available to fit oval and semicircular shapes. Although you can use a heavy flat cover, the dome is stronger, and youngsters will slide off if they try to stand or tramp on it. Covers keep out little children and animals, as well as trash, snow, and rain. With this type of cover, you gain a miniature greenhouse accessible from the basement, where you can grow cool-loving pot plants, such as cyclamen and English ivy, during the winter. Line large clay pots with wet sphagnum moss to hold smaller potted plants. Each time you water the plants, add some to the moss to help maintain uniform moisture. Keep basement window open—to provide heat from inside. Some caulking may be needed where dome meets the window.

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By Nina Dore



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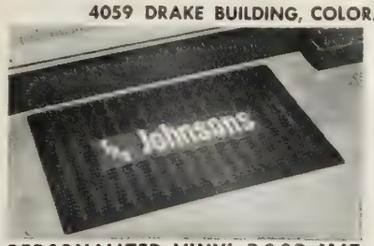
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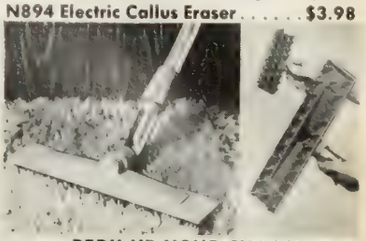
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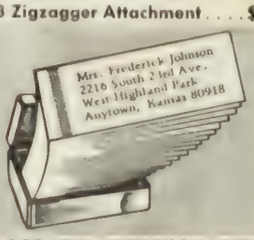
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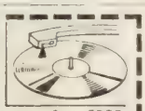
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They're as much fun to make as they are to eat—rosettes are Scandinavian cookies. Patterned irons are dipped from batter to fry. Set includes 9 large 3" aluminum molds, 8 small molds, 2 heatproof handles, recipes and instructions. $7.95 + 85c post. Send 25c for 88-page gift catalog. Order from Suburbia, Dept. 220, 366 Wacouta, St. Paul, Minn. 55101.



Stop parking lot nicks!

Car-shield protects cars from opened doors in parking lots, garages, etc. Installs easily with pressure sensitive adhesive backing. It is transparent with black stripe; black with white stripe; silver with black or red stripe. 20': $7.49. 35': $12.95. Order from Car-Shield Products Co., Dept. BH-92, 6417 Walker St., Minneapolis, Minn. 55426.



Old time stamp collection

Included in this valuable collection of 26 different stamps from 50 to 100 years old is the scarce 1 classic, ancient Egyptian Sphinx, Victoria, many others. Worth $2 at catalog prices; only 10c. Also other bargain stamps for free examination, returnable with purchase, cancel service anytime. Jamestown Stamps, Dept. O-1, Jamestown, N. Y. 14701.



Flameproof protector rug

Place this touch of Americana by your fireplace so that flying embers won't harm your rug, floor or furniture. Handsome American eagle on heavy, flameproof cotton duck fits snugly against hearth. Rug in half-moon shape is bound with bright gold eagle. 27" x 54". $6.98 plus 50c postage. Order from Holiday Gifts, Dept. 409, Wheat Ridge, Colo. 80033.



Wall trouser rack

This ingenious rack keeps all slacks in your closet neat and wrinkle free. Saves clean. $8.50 ppd. Also available: skirt rack—looks just like slack rack but has metal clips for skirts. Both 24" w., hold 12 skirts or pr trousers. In honeytone pine or antique pine. $9.25 ppd. Add for each W. of Miss. Yield House D9-2, No. Conway, N. H. 038

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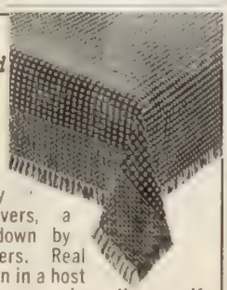
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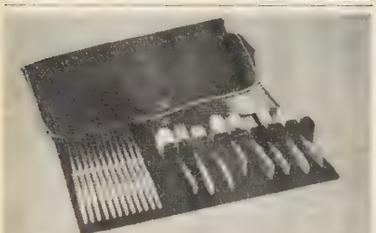


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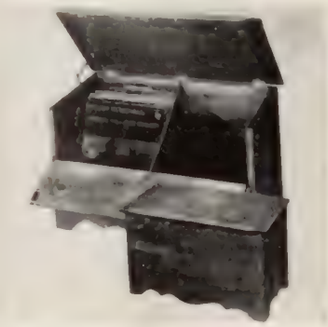
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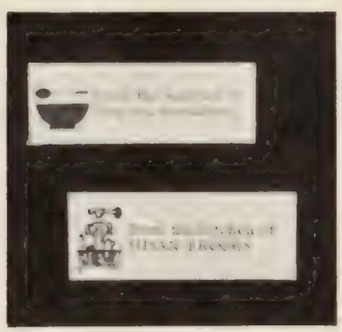
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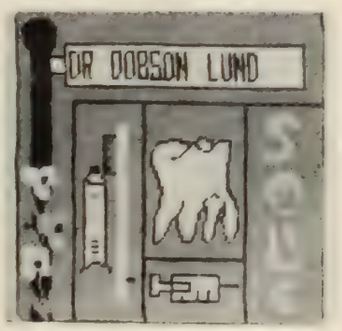
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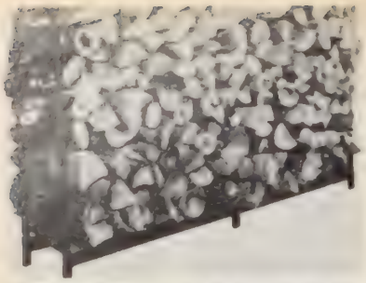
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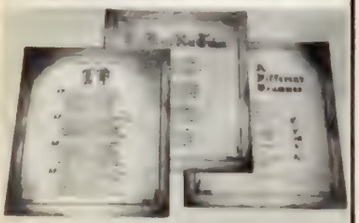
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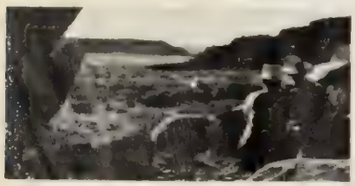


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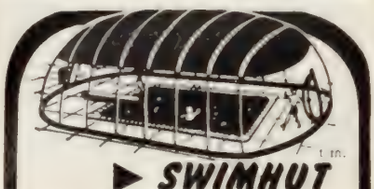
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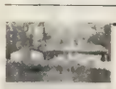
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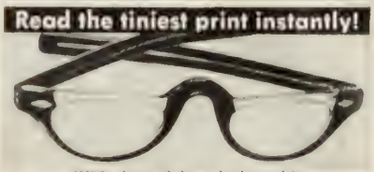
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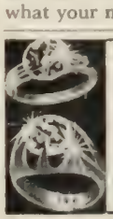


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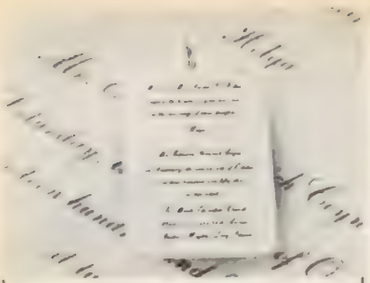


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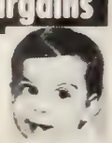
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Hand-woven rattan ceiling la[mp] is fully electrified and has a d[im]mer switch. Can be adjusted fr[om] ceiling by chain. 14" spread, 1[2]" high, with 18' chain and hook [for] hanging included. $17.45 posta[ge] paid. Painted yellow, green, pi[nk] orange, blue or black: add [$]. Send 25c for catalog. Fran's B[as]ket House, 89 W. Main St., De[pt.] BH9, Rockaway, N. J. 07866.



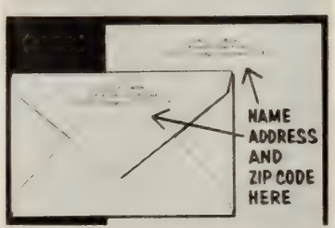
Sell jewelry

Your club or organization will ha[ve] no trouble adding additional fun[ds] to its treasury when members s[ell] this unique item. Three-piece [in]terchangeable jewel collection [to] snap in the color jewel you w[ish] to match what you're wearing. [No] risk, no investment. Pay after y[ou] sell. Write: Collingwood Fu[nd] Raising, Dept. 2709-2, 44 War[ren] St., Providence, R. I. 02901.



Shaker table kit

Use them alone or in pairs: t[he] handsome table is a handso[me] addition. Dovetailed legs fit sn[ug]ly into matching tenons in [a] post; use just a drop of glue [to] hold them permanently in pla[ce]. Top 18" in diam., 25" high. [Kit] $19.95 ppd. Send 50c for co[lor] catalog of kits. Cohasset Coloni[al] by Haggerty, 812 Ship St., Coh[as]set, Mass. 02025.



Personalized stationery

3 to 4 line name and address [is] printed in rich midnight blue [on] pure white vellum to add elega[nce] to correspondence. Print y[our] name, address and zip code. [100] sheets, 25 envelopes: $1.00 p[pd.] 125 sheets, 50 envelopes: $1 [or] ppd. 100 extra unprinted she[ets] only $.59 ppd. Walter Drake, BH[9] Drake Bldg., Colorado Sprin[gs] Colorado 80901.



"God is Love"

Here's a charming interpretat[ion] of the biblical quotation: little b[oy] and girl sit on a white fence a[nd] admire the bright star. Ha[nd] painted on pine with a green b[or]der. Ready to hang. 5½" dia. $3.15 ppd. Catalog of 1,000 Ea[st] American items free with or[der] otherwise 25c. Sturbridge Yank[ee] Workshop, BH9, Brimfield Tpk. Sturbridge, Mass. 01566.

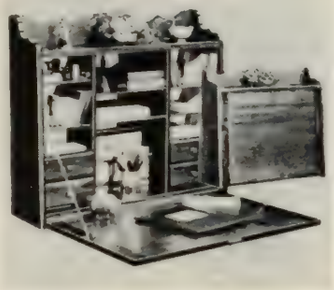
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que "tater baker" is a stove- oven that allows you to do all ds of small baking jobs. Great potatoes, custards, apples, etc. es fuel—uses only 1/12th the t of an oven! For gas or electric ve. Gleaming chrome finish, t resistant Bakelite handle. h recipes. $5.98 ppd. Walter ke, BH-38 Drake Bldg., Colo- o Springs, Colo. 80901.



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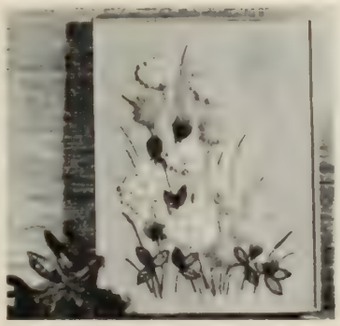
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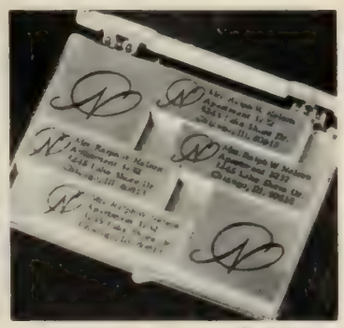
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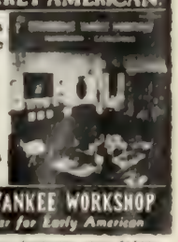
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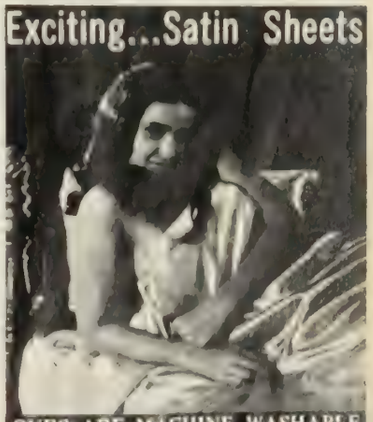


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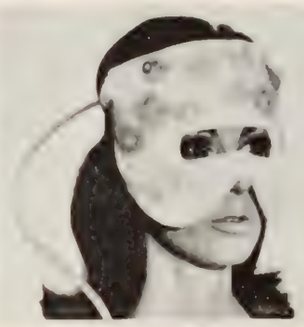
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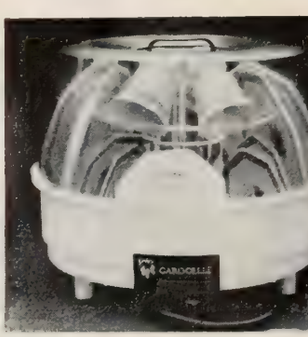
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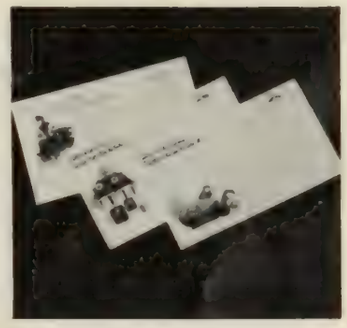
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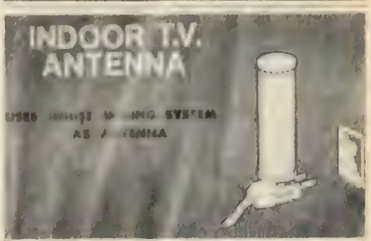
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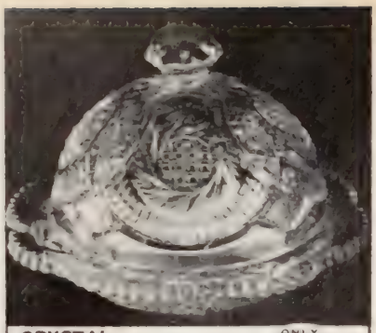
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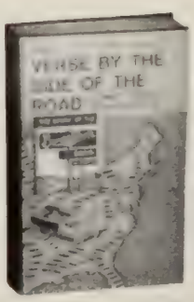
Kids' clothes go astray?

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Wall-all

Hang it on any wall to keep your keys, spices, sciss spoons, pipes, pencils, perfu papers organized. Made molded high impact heavy pla Choice of orange, yellow, o red, blue, black or white. 16 x 13¾". For kitchen, bathro office, workroom. $10.95 Seth and Jed, Dept. BG-92, G Barrington, Mass. 01230.



Remember Burma-Shave?

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Sew a hummingbird pillow

Perfect for those who have ne sewed before, the hibiscus hummingbird design quickly comes an attractive pillow. design on natural Belgian lir heavy embroidery yarn in gree yellow, red and white; green co ing; zipper; instructions. Pillov 12" x 12". $2.95 plus 35c p The Stitchery, BH-9, Welles Hills, Mass. 02181.



Ice-wool scarf

Imported from England, this be ty is made of the softest mol wool woven into an intricate, d cate pattern. Can be draped a stole, or worn as a head coveri Moth-proof and hand-washable choice of white, black, beige copen blue. Measures 20" x 6 $3.98; 2 for $7.75. Plus 25c p Ferry House, Dept. BH9, Briarc Manor, New York 10510.

iotic stainless

ure your American heritage this pistol handled stainless are that has the satin patina h of old pewter. Dishwasher 50 piece service for 8 in- es 8 each: dinner forks, es, salad-dessert forks, soup ns; 16 teaspoons, butter knife sugar spoon. $24.95 + $1 . Seth and Jed, Dept. BG-92, t Barrington, Mass. 01230.



sonal photo jigsaw puzzle

favorite black-and-white or r photo is blown up and nted on heavy board and re- ed to you in easy-to-assemble es. Puzzle will provide you lots of laughs. Original photo rned with black and white jig- 8" x 10": $2.95, 11" x 14": 5; 12" x 18": $4.95. Ppd. o Poster, Dept. X220, 210 E. t., N. Y. C. 10010.



tched mess calendar

1973, this calendar lists 427 ial days and events that ordi- calendars completely ignore. example: "Poor Wretched's anac," "George Birthington's hday," "Dr. Spock Sucks His mb Day," and hundreds of r goodies. 8½" x 11": folded. 0 ppd., or three for $5.50. r from Bruce Bolind, Dept. -9, Boulder, Colorado 80302.



ring screwdriver

ys there when you need it, rugged, tool-size screwdriver on any key ring. No bigger a key, it will open cigarette ers, fix a machine, or do any ber of minor repair jobs. Will e in handy time and again— e are hundreds of uses! each, six for $2.50 ppd. Wal- Drake, BH-39 Drake Bldg., rado Springs, Colo. 80901.



l table

e's a line-for-line copy of an n century Ohio primitive table, e used for kneading bread. s are simple, with ripple- ed legs. Half-hinged 16" x top stores knitting, embroi- , and magazines inside. 22" Smooth pine in honeytone or que fin.: $47.50. Kit: $34.95. . chgs. coll. Yield House, Dept. 2, No. Conway, N. H. 03860.



rn to read music

t follow these seven secret gic steps—you'll be sight- ding music instantly. You'll n how to look at an entire asure and identify it as only chord; "flash-learn" all key time signatures, intervals, eggios and more. Will triple ed. $3.95 + 50c post. J. W. st, Inc., Dept. BH9, 1005 E. , East Tawas, Mich. 48730.





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The man next door

The wife of a grocer friend of ours is getting a divorce on the grounds that he was too active in consumer affairs.

Steve Flynn has never been on a hijacked plane, but he got lots of attention on a recent flight. His alarm clock went off unexpectedly in the bag under his seat.

Rushing to get us off to a picnic, Christine demonstrated again how haste makes waste. As the charcoal glowed at supper time, we discovered that the package she grabbed from the freezer contained not steaks but soupbones.

Who says the world is getting too impersonal? Nothing could be more personal than the sign in a one-man store in our town: "Please do not let the cat out. The kittens and I need her."

All work and no play doesn't make Jack a dull boy, says Uncle Dodd. It makes him an old man. Of course, he adds, present-day lads wouldn't work that hard anyway. Prodded, he admits that he didn't either.

A man who stays home on vacation is like a dog with fleas. He keeps scratching away at the same old everyday problems.

The "sleep over" party that Judy had for three friends, and the giggling that attended it through the night, did not go for naught. The next morning I finally started a soundproofing project I had postponed for months.

I thought Bruce Blalock, 11, was seeing pictures in the clouds as he lay on his back studying the summer sky, but he gave me to understand that kids don't do that any more. He was, he said, merely analyzing the meteorological pattern.

Some people have the "now" look, but Dot Bresh says she has reached the age where she has the "it went thataway" look.

Our town's flowering tree festival last spring proved that smart-aleck man still can't control everything. The trees rebelled, outfoxed the experts, bloomed early—and dropped their blossoms before the festival even began.

Doc Hannelly says he had a sense of irony when he received on the same day two complaints that he had overcharged for his repairs to the human body. The protests came from two fellow repairmen—an auto mechanic and a TV fixer.



"Excuse me, lady. Step aside, sir. Let the machine through, please. Excuse me, sir . . ."



Independence, it seems, has its limits. A downtown store had a sign that read: "Closed every day from 12 to 3 p.m." Last week, a smaller sign replaced it reading: "Out of business."

A new practice is sweeping the country. I call it the Shifty Shuffle, but it's neither game nor dance.

You see it when a company makes a mistake and attributes it to their computer, brushing off your complaint and ignoring the fact that computers only work from human instruction.

You see it when you take your new car back and the dealer fails to repair one of the minor problems covered by warranty.

You see it when you ask a waitress for a glass of water and you never get it because she feels that's the busboy's job.

The Hillises have just endured a classic example of the Shifty Shuffle. We ordered a fence installed and it was promised for the next week. We didn't get it until five weeks later, despite countless calls.

The salesman blamed the installation department and said he would get the job done promptly. Nothing happened.

Same story at the installation department, which blamed the installer and promised action the next day. Nothing.

The installer said he would be right out, explaining that a clerk had copied the wrong address. "Right out" meant two weeks later despite almost daily promises of "tomorrow."

At last the fence was installed. The bill was presented on the spot.

Then I played Shifty Shuffle, too. No payment, I said, for five weeks—the same period of time I had been waiting.

The installer consulted supervisor, who then consulted the salesman, who consulted his *supervisor, who then consulted the credit department man, who in turn consulted* his *supervisor. The Shifty Shuffle operated up and down the line.*

The upshot of it was that, after many losses at Shifty Shuffle, I finally won one. At least, I think I did.

Burton Hillis

CIRCULATION 7,777,777
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Decorating clinic: the most common problems solved

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How to create a new indoor world with flo gs ca



If your decorating questio is "Where Do I Start?" Armstrong has the answe

"Start with something you love, and you'll end up with a roo you'll adore," says Armstrong Interior Designer Louisa Cowa

And on the next three pages, three Armstrong designers show how three separate starting points inspired three fabulous roo

Floor design copyrighted by Armstrong

rgs, carpets, and furniture—all from Armstrong.



A contemporary Lucite wall sculpture started Armstrong Designer Suzy Taylor on a swinging design theme to unify this open-plan interior.

You could call it a prismatic room. Everything reflects everything else. Suzy's sculpture—concentric broken circles, cut from tinted Lucite—is repeated everywhere in form and color. In the wallpaper. In the super graphics on the kitchen cabinets. Even the floor has a circle-in-a-square motif.

The floor is a great choice for another reason, too. It's Armstrong Solarian™. A totally new kind of floor that *shines without waxing.* In fact, because of its unique Mirabond™ wear surface, most waxes won't stick to it. Neither will most spills and dirt. Will the shine last? We've been keeping a close watch on many Solarian floors in busy kitchens like yours. After more than two years, with only occasional damp-mopping *and no waxing,* they're all still bright and shining.

More circles: notice how Suzy has cut the Armstrong Sublime carpet in a curve to define the kitchen area. Even the furniture echoes the feeling—from the curvy blue chaise to the white kitchen chairs with their circular chrome frames to the white rounded marshmallow sofa. All the furniture is from Founders, which, by the way, is now part of Armstrong.

MORE of Armstrong's indoor world is just a page away.

How to create a new indoor world with flo





A glittering heirloom chandelier inspired this elegant creation by Armstrong Designer Louisa Cowan.

Starting with a beautiful 18th century French chandelier, Louisa Cowan created a classic French drawing room with a vibrant, up-to-the-minute color scheme. She repeats her chandelier theme with the sparkle of crystal throughout the entire room. Notice how it adds a feeling of unity and completeness.

You may be surprised to learn that there is an Armstrong acoustical ceiling in this room. It's a brand-new kind, created especially for your most elegant rooms. The one Louisa selected is our French Provincial design "Provinciale", and there are others just as lovely for Early American, Mediterranean, or Contemporary rooms. We named them, appropriately, Chandelier® Ceilings.

The carpet—a luscious shag called Solitaire—is from Armstrong, too. So is the handsome furniture. The love seat and chair done in the smashing fabric, and the round commodes, are from our Thomasville furniture line. All the other pieces are from our brand-new imported collection called "From the Four Corners"™. The walls? Another Armstrong import, our natural cork wallcovering. It's handmade in Spain from tissue-thin sheets of natural cork.

gs, carpets, and furniture—all from Armstrong.





From the timeless beauty of an antique Chinese screen, Armstrong Designer Cathy Erb drew a modern Oriental theme and color scheme.

Cathy started with the subtle shades of blue, green, and gold that appear in the screen—a look that is 6,000 years old. She carried the gold, still muted, to the walls and then, for a bit of dazzle, boosted its intensity on the chair seats. To achieve a really striking climax, she repeated the same three colors, now at their full intensity, in an exotic new Armstrong carpet called Prodigy™

The furniture is from Thomasville's Oriental contemporary collection, San Sei. The dramatically dark brown Shinto finish is reminiscent of ebony, and Cathy echoed it in the unusual brown lacquer chandelier.

Want some more ideas for creating "rooms you'll adore"? We have a panorama of indoor world literature for you. Write Armstrong, 7210 Elm St., Lancaster, Pa. 17604.

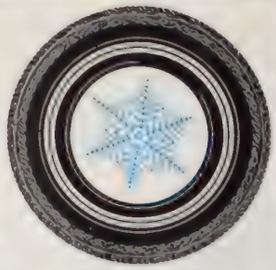
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CARS AL LEE Automotive Editor



How much snow tire do you need?

Deciding which tires you'll need to maintain your car's footing this winter isn't easy. Your problem, of course, is that you want tires that will get you through the worst days your area has, yet you don't want to buy more winter rubber than you need.

Conventional tires will suffice if you live in rain country where snow is a rarity and melts off immediately after it falls. Open-tread patterns with wide, deep tire grooves allow rain to flow between the tread and thus give the best traction and stopping characteristics. Radial-ply tires, with an open-tread pattern more reminiscent of snow tires than conventional bias plies, are superior on wet pavement, in light snow, and even in mud and loose sand.

The depth of your tire grooves becomes critical in winter. You can get by with only a sixteenth of an inch of tread in summer, but you should have at least an eighth inch of tread for the bad-weather season.

Snow tires work best in snow three inches or more deep. Snow penetration into the exaggerated grooves gives snow tires a better grip than either conventional or radial tires.

On ice-glazed streets or packed snow, however, snow tires are no better than regular tires for stopping. For these extreme conditions you'll need the added protection of studded snow tires. These are simply standard snow tires with between 70 and 120 tungsten carbide studs protruding on each tire. The metal studs, which extend 2/32 of an inch from the tire surface, act as cleats, digging into ice or packed snow. With studs on all four tires, you have as much as three times greater traction, and 25 percent shorter braking distance.

Studded tires work best when temperatures are right around the freezing mark (32 degrees Fahrenheit), and are no more effective than regular snow tires when temperatures hover around zero. The reason for this, according to Cornell Aeronautical Lab researchers, is that rubber becomes more efficient as temperatures drop while metal becomes less efficient. If you live in the frozen North where winter temperatures seldom get above zero, then studded tires will do you no good.

Metal studs have another characteristic that has gotten them into trouble in many states. On dry pavement, studs gouge pits into the roadway. The damage studs do to highways has led Minnesota, Louisiana, Mississippi, Utah, Hawaii, and Ontario, Canada, to pass laws outlawing studded tires. Other states also are considering adopting anti-stud ordinances.

Strangely enough, the same state legislators who ban studded tires because of road damage freely admit that they're safer. As one commentator put it, "The problem is that highways are government-funded while funerals are privately paid for."

Many states have adopted compromise measures that allow studded tires, but restrict their use to the harsh winter months. The removal date of studded tires varies from state to state, but usually occurs between the first of April and the first of May. Check the restrictions in your state before you buy studs.

Because of the inconsistency of laws on studded tires it is wise to avoid them if you do a lot of interstate driving as not being aware of the anti-stud laws will not protect you from being ticketed.

Also remember to mark the direction the tire rotates before you remove studded tires in the spring. The metal studs wear in one direction only, and if you reverse their direction when you put them back on, they will wear out much more rapidly or will loosen up and fall out.

Reinforced tire chains are best for traction and stopping on packed snow or ice. Tests show they reduce stopping distance by 50 percent over conventional snow tires—that's twice as good as the performance of studded tires.

Chains, however, take at least ten minutes to put on and as soon as the road clears, the racket they produce forces you to take them back off. If you live in a state that has a great deal of ice and snow, you'll soon grow weary of attaching and detaching, and will probably switch to studded tires. On the other hand, if your area has packed snow or iced roads no more than a half dozen times a year, you can save money by investing in tire chains.

Whichever tires you decide to use this winter, keep them pumped up to the manufacturers' recommended pressure level. It's an old wives' tale that partially flat tires have better traction on snow than full ones. Underinflation will only cost you money in increased tire wear.

How to avoid a lemon

True lemons are about as plentiful among new cars as Indian heads are among pennies. Most so-called lemons are nothing more than cars with a half-dozen manufacturing flaws that should have been caught and corrected during the dealer's new-car preparation. If you meekly submit to the dealer's delivery routine when you buy a new car, you're all but asking for this kind of trouble.

The average new car comes off the assembly line with from 5 to 25 manufacturing flaws many of which can be caught on pre-delivery inspection.

The typical delivery process begins with signing papers, then a quick look at the car with a perfunctory rundown on its operation. It all seems quick and easy, until a day or two later when flaws can crop up: a door handle falls off; the battery goes dead; the trunk sticks. Then you'll have to endure the loss of your car while it is in for repairs. And worse yet, you may be billed for repairs if they fall under the headings of maintenance or adjustments that are not entirely covered by warranty.

A good salesman should make sure the dealer's preparations are done right, but don't count on it. In most cases, the salesman doesn't see the car until delivery. The mechanic who prepared the car is normally paid on a flat rate per car, which encourages him to rush through the checklist.

How do you get good car preparation? Simple. Just reverse the normal delivery process: Inspect and test the car first and do the paperwork last. Don't do any of the financial necessities until the car suits you completely. If you can spot flaws before delivery, the salesman will ramrod the repairs through. Remember, he doesn't get paid until you pay.

Inspection of the new car should include a thorough examination inside and out plus a road test at various speeds over different road surfaces. Here is an excellent opportunity to learn the function of all controls and accessories. Spend some time reading the warranty and asking questions about the provisions. Don't be overly concerned about taking too much of the salesman's time; delivery of a high-quality product to you can mean additional sales to your friends and family.

Continued on page 10



urprise them with cider. Not with spots.

Get the Cascade look... virtually spotless.

Serve cider for a change—your treasured family pitcher will go beautifully with the elegance of your modern crystal. Crystal you want to sparkle as only crystal can. That's why we suggest you use Cascade. It's an excellent dishwasher detergent. Cascade's sheeting action fights drops of rinse water that could dry into spots—leaves dishes virtually spotless. Try Cascade, in the shiny green box, and get the Cascade look.

Cascade fights drops that spot.





Sears Petit Plume draperies and bedspreads.

Rich damask that needs no ironing!

It all started in a French museum. Sears saw a beautiful Napoleonic fabric. So we had the rich damask pattern re-created for your windows.

You loved the modern improvements too. Thermalgard backing for insulation. Perma-Prest® fabric you can machine wash, tumble dry — with no ironing needed.

You loved it a lot. In fact, you made it one of America's favorite draperies.

So now we're giving you Petit Plume in bedspreads too. The same 14 great colors. The same great Perma-Prest fabric. All that's been added is a deep fringe border. And matching shorty draperies.

Petit Plume. At most larger Sears, Roebuck and Co. stores, and the catalog.

Only at Sears

Feminine Sprays vs. Norforms

(Or, a spray a day can't keep internal odor away!)

7:36

Before dressing for work, you use a feminine spray. That takes care of odor... you hope!

7:36

Today, you try Norforms,® The Internal Deodorant.™ It contains no hexachlorophene

8:22

You're running late. Oh, oh... what's that unclean feeling? You don't feel so fresh any more.

8:22

Feeling fresh. Unlike sprays, Norforms work inside to stop internal odor where it starts

9:14

Look at that clock! You can't believe it. Could feminine odor be starting so soon?

9:14

Just one Norforms can stop odor up to 10 full hours. They're safely, easily inserted, too.

11:07

Work and worry. You begin to suspect sprays may stop external odor but not the odor that starts internally.

11:07

Doctor-tested Norforms will keep you feeling fresh and worry-free for hours and hours...

12:01

Bad news and new worry. You just heard your spray may have hexachlorophene.

12:03

Put the spray away. Now.... where can I buy Norforms?



Stops internal odor no spray can reach!

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Don't forget your zip code.

np® Norwich Products Division, The Norwich Pharmacal Co.

How to avoid a lemon *Continu*

Here is a check-out procedure you and the salesman c perform without any knowledge of mechanics. If your n car passes all of them, drive it home with pleasure.

New car inspection checklist

UNDER THE HOOD

What To Do	*Why*
1. With one finger, depress the center of the alternator drive belt. It should give no more than one inch.	**1.** A loose belt slips on t pulley, and the alternator wo work. Dead battery results.
2. Check fluid level in all battery cells. Try to shake the battery; it should be firm.	**2.** Dead battery or crack case could result.
3. Remove radiator cap and check coolant level.	**3.** Engine could overheat wit out adequate coolant.
4. Press down on wire attached to spark plugs.	**4.** Loose wire will cause engi to run rough and lack powe
5. Test all cables in distributor cap for snug fit. Repeat on cable from cap to coil.	**5.** Vibration can loosen cat and stop engine dead.
6. Firmly grasp radiator and heater hoses and yank. If screw clamps are used, tighten with screwdriver.	**6.** If hoses blow off, antifree is lost and engine overheats.
7. Check for secure fit on all other flexible hoses.	**7.** Could cause inoperati windshield washer, fuel pum power steering, emission co trol system, or air conditione
8. Grasp air cleaner and attempt to move up or down.	**8.** Air cleaner or carburet mounting bolts could be loos
9. Check for secure connection of main wiring harness plug where it enters car body.	**9.** Vibration can loosen plu if plug works loose, the c goes dead.
10. Start engine, let idle, and turn steering wheel as far as it will go in each direction.	**10.** An audible screech mea power steering drive belt slipping.
11. With engine running, turn on air conditioning. Depress accelerator quickly and listen. Look into sight glass on condenser for bubbles.	**11.** Screech indicates drive b is slipping. Chatter means co pressor clutch needs adju ment. Bubbles indicate lack refrigerant.
12. A cold engine should idle fast for a minute or two and automatically slow after that.	**12.** Inoperative automat choke causes hard startin rough idle, wastes gas.
13. Pull dipsticks and check engine oil and automatic transmission fluid levels.	**13.** Lack of oil will burn u engine or transmission.
14. Presence of oil shows leakage.	**14.** Rub your hand around th outside of the oil filter can.

THE EXTERIOR

1. In sunlight, if possible, look at paint for scratches, bubbles, flaking, runs, overspray, thin paint, oil spots, rust.	**1.** Paint adjustments often r quire factory approval, som times difficult to get after 9 days.
2. Finger-test the security of all moldings.	**2.** At road speed, loose mol ings can fly off or make nois
3. Check vinyl roof for bubbles, cuts, or tears.	**3.** Most easily fixed before e posure to weather.
4. With pressure gauge, check inflation of all tires.	**4.** Tires are deliberately ove inflated at factory; this ca cause uneven wear.
5. Open and slam all doors several times, including tailgate on wagons.	**5.** Helps you find loose wi dow glass and door hardwar

Continue

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Name_____
(Please print)
Address_____

How to avoid a lemon *Continued*

6. Test both sets of keys in all locks. Record key numbers.	**6.** Prevents being locked out of car.
7. Inspect trunk for rust spots or streaks. Be sure spare tire and jack are securely fastened.	**7.** Rust indicates water leaks. Noise from loose items in trunk is amplified inside car.
8. Grasp end of tailpipe and shake vigorously.	**8.** Misaligned or loose exhaust system raps floor pan, frame or drive line.
9. Test secure fit of wheel covers or trim rings.	**9.** You pay if one is lost; deductible insurance usually doesn't cover.
10. Check brand name on all tires.	**10.** Dealers sometimes switch tires between cars; a mismatch is possible.

THE INTERIOR

1. Look under dash for unattached wiring connectors.	**1.** Could mean that some system will not function.
2. Operate all dash controls.	**2.** This often overlooked task ensures that *all* systems operate.
3. Slide seat back and forth. Lock in several positions.	**3.** An unlocked seat can cause loss of driver control in panic stop.
4. Operate all window controls, door handles, and locks.	**4.** Faulty assembly is common.
5. Check operation and fit of fold-down floor or seat panels.	**5.** Panels are often misaligned, particularly in wagons. Major source of squeaks.
6. Look for loose bolts, nuts, clips on floor or under seats.	**6.** They could be extras; could also mean something isn't secured properly.
7. Watch for water streaks on inside of all glass, and for wet carpets or stains on padded dash and package shelf.	**7.** Indicates possible water leaks.
8. Locate cigar lighter, stereo tape cartridge, warranty book, and operations manual.	**8.** Dealers often keep these in the office to prevent theft.

ROAD TEST

1. Look at mileage on odometer.	**1.** If it reads three miles or less, no road test has been performed. Those miles are accumulated from assembly line to shipper's yard.
2. Put car in reverse and back up slowly with brake lightly applied.	**2.** Tests self-adjusting brakes. Chatter or noise indicates malfunction.
3. With car at road speed, apply brakes repeatedly.	**3.** Pull or squeal indicates defective mechanism or adjustment.
4. Drive over rough road at less than 35 mph.	**4.** Squeaks and rattles show up best under these conditions.
5. On good highway, accelerate up to 60-65 mph and drop off to 35-40 mph. Check transmission upshift for smoothness.	**5.** Vibrations in steering or body indicate tire imbalance, front end misalignment, drive train imbalance, or defective engine or transmission mounts.
6. Listen for wind noise.	**6.** Noise indicates poor door fit, improperly adjusted weather strips, or obstruction in heater or air conditioner ducts.
7. Turn a corner from a stop, with brakes lightly applied. Listen for rear-end noises.	**7.** Metallic noise, clunks, or chatter indicates malfunction in differential or axle housing.
8. Test accessories like cruise control and air conditioning.	**8.** Why wait until your first trip to find out if they work?

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BY JANICE TRIMBLE

don't think there are many fields today that er more pleasure or greater rewards to a oman than that of interior decorating.

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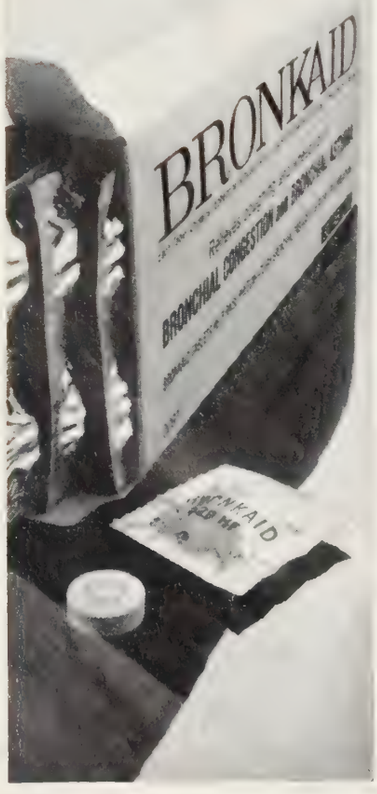
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Crooked teeth: facts you should kno

You'd have to see it to believe it: A shy, self-conscious, unsmiling, painfully quiet youngster transformed into a talkative, outgoing, happy kid. That only happens in the movies, you say. No, not necessarily.

In this case, the youngster's extreme self-consciousness had been brought on by several crooked front teeth; he hated the way he looked. The change in his personality was accomplished by straightening the offending teeth.

Everyone wants to put his best face forward. In fact, that's why most people have crooked teeth straightened. But there are other reasons, too.

An excessive overlapping of the upper front teeth, or a distinct "overbite," can damage adjoining gum tissue and bone, readily leading to periodontal (gum) disease, and the eventual loss of the teeth. Also, crowded and overlapping teeth are hard to keep clean, and unclean teeth invite decay. That's why straightening teeth is of double value: it helps a person keep or regain his self-esteem, and it prolongs the life of teeth.

Who needs to have his teeth straightened?

Anyone who is suffering from malocclusion, which simply means crooked teeth ("mal," meaning bad, and "occlusion," meaning how close together and aligned the teeth are).

Malocclusion occurs in many different forms and doesn't necessarily affect a person's facial appearance, at least not at first. But deformities can come later. Teeth that don't close properly lead to poor bite, which in turn puts abnormal stresses on teeth. Consequently, about two-thirds of all cases of crooked teeth (called orthodontic problems by dentists) involve either abnormal jaw closing or abnormal jaw muscle functioning.

And, surprisingly, it's been estimated that nearly half of the youngsters in this country need some kind of orthodontic attention—and that probably one out of every five children has a severe orthodontic disorder.

Here's a checklist of some of the more obvious symptoms of orthodontic problems:

- Top front teeth overlap excessively in a horizontal direction, so there's little or no tooth contact when jaws are closed
- The upper teeth overlap the lower teeth in a vertical direction when the back teeth come together properly (sometimes called "overbite")
- Crowded front teeth
- Open spaces between the front teeth
- Top front teeth covering the bottom teeth completely when the back teeth come in contact (sometimes called "deep bite")
- Extension of the lower front teeth over the upper front teeth when back teeth come together (sometimes called "crossbite")
- An empty space between top and bottom front teeth when the back teeth touch each other (sometimes called "open bite")
- Receding lower jaw hiding the lower front teeth from view
- Protruding lower jaw hiding the upper front teeth.

There are, of course, additional signs of malocclusion that are harder to find. Even if the front teeth appear normal, it's possible that malocclusion exists in the back part of the dental arch. Lips that bulge because of flaring teeth, or a bite that either overlaps or underlaps on one side, could mean trouble. And a jaw that swings to one side only instead of moving straight up and down also could be an orthodontic problem.

Any one of these symptoms should be considered a warning that treatment is needed. Naturally, the best person to judge the situation accurately is an orthodontist, a specialist who has been trained to treat such problems.

Are crooked teeth inherited?

In many cases they are. A number of studies have shown that heredity plays a vital role in the development of crooked teeth. One child out of three is very likely to inherit dental deformities of the parents.

For example, children may inherit teeth that are unduly large, or a jaw that is too small to accommodate the teeth regardless of their size. Or a child may have extra or missing teeth, or there may be an abnormally wide strip of gumlike tissue between the front teeth forcing them far apart.

In particular, there are certain types of faulty bite that frequently are passed on by parents to their children. A very "deep bite," or a very prominent or an underdeveloped lower jaw, is found more readily in children of parents who have these malocclusion characteristics. Yet the irregularity of a single tooth (or individual teeth) is m more difficult to trace o strictly hereditary basis.

Does thumb-sucking lead crooked teeth?

Most orthodontists and pe tricians don't think occasi thumb-sucking in infancy ca any problems with teeth. there is general agreem among dentists that prolon and intensive thumb-sucking the time the first perma teeth erupt—at five to six y of age—can lead to missha mouths and displaced teeth.

Actually, the position of dividual teeth displaced thumb-sucking is of less conc to orthodontists than the ef on the bony support of the te —and the development of normal, deforming muscle act ty. If, for example, the h persists past two years, it co alter the child's swallowing p tern. Once this happens, youngster may develop a prot sion of the upper front teeth narrowness of the upper de arch; abnormal muscle activi and an obvious malocclusi problem.

Many orthodontists feel a good idea to "intercept" committed thumb-sucker at th to four years of age and try get him to break the habit ea Orthodontists use a number techniques to do this, includi gentle persuasion and cert appliances.

The sucking of any finger, the habit of biting the tongue lips, also can lead to many the same problems, if correcti is delayed too long. And mal clusion has even been traced improper mouth breathi which in turn can be caused enlarged tonsils and adenoi or even allergies.

Of course, there are ma other causes of malocclusio including injuries to the fa and jaws; extra or missing tee premature loss or late sheddi of baby teeth; teeth moved fr their regular position by dec or gum disease; and impacted unerupted teeth. Sometimes, i proper bite can be acquired imitation when, for instance, child adopts a parent's habit sucking his lip or thrusting jaw out.

When should crooked teeth b straightened?

As soon as they're detected. T old adage about an ounce of pr vention is especially true in o thodontics, where crooked tee

revented by early treat-
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or a grown-up to wear
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n older. Naturally, treat-
ay be more difficult be-
acial growth has stopped
dult, and the orthodontist
ke advantage of natural
changes in planning his
corrective steps.

Continued

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Teeth *Continued*

What's the best way to straighten teeth?
There is really no "best" way. There are a number of methods to guide jaw growth, eliminate abnormal muscle activity, and to strengthen the ideal position of teeth and jaws. Certainly, not all orthodontic therapy consists of the traditional "braces." Taking out baby teeth prematurely in a six- or seven-year-old child may suffice in some instances. On the other hand, braces may be in order as early as nine years old for a youngster with severely protruding front teeth to prevent breaking them. And, in some cases, orthopedic appliances that never touch the teeth may be used for correction in the jaw.

Appliances used in orthodontic therapy vary with each individual case. They can be a simple crib placed in the roof of the mouth; a plastic guide plane cemented to a tooth; a removable plastic wire; even a so-called headgear to create pulling motions in a special direction to move teeth and control future jaw growth. Often a combination of all of these appliances is needed.

Typically, when fixed appliances are used, a stainless steel metal band and bracket attachment are placed around each tooth that needs straightening. Next, wires are attached to each band, and the direction of force is adjusted to affect the movement of the teeth through the supporting bone. Eventually, this pressure on the ligament holding the teeth to the bone forces the teeth to change position. As this happens, bone is being built on one side of the tooth and reduced on the other side.

Are rubber bands and retainers—in addition to braces—also needed?
Yes. In most cases, rubber bands must be worn to act as an additional force working in a direction that wires can't pull. This is especially true when a reciprocal force is needed between the upper and lower jaws. Often, without rubber bands, teeth won't move. Rubber bands can create a pressure of about an ounce and a half to four ounces on each tooth. Wires usually exert a force from three to ten ounces per tooth.

After wearing braces for the certain amount of time, orthodontic patients are usually asked to wear a plastic and metal retainer to keep the adjusted teeth in their new positions while the bone in the gums is healing and hardening. These retainers are removable, yet they should be worn constantly for varying periods (sometimes as long as a year or even longer). All of the hard-won straightening of teeth can be lost at this stage if the retainers aren't worn, since their proper use is really the only certain way to keep teeth in their new positions.

Does it always work?
While there's a natural tendency for teeth to crowd as one grows older, studies have shown that 90 to 95 percent of all orthodontic treatment is permanent. In some patients, where there is severe facial deformity, the dentist or orthodontist may be satisfied in achieving an 80 percent (or even less) permanent correction.

Of course, the success or failure of orthodontic work depends upon thorough patient cooperation. Instructions must be followed faithfully to assure maximum benefit. Simple habits like chewing gum and eating candy should be stopped. Failure to wear appliances can result in a longer treatment period, and can seriously jeopardize the whole effort.

Good oral hygiene during orthodontic treatment also is essential. Teeth and appliances should be brushed thoroughly after each meal or snack. If a band or wire loosens, the orthodontist's office should be called immediately.

Because orthodontic treatment stretches out so long, some children, or their parents, grow impatient and drop out before the full program has been finished. That's unfortunate, since teeth have a sneaky way of moving back to their previous positions if the orthodontist isn't giv-

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might take no more than one or two months, at a cost that's likely to run less than $100.

Your orthodontist customarily charges a small fee for making his initial examination, and at that time he can give you an estimate of how long treatment might go on. Should you make a decision to proceed, he then can draw up a bill of particulars covering diagnosis, X rays, appliances, and plaster models. The cost of the whole procedure is usually presented as a flat fee, but it's often payable in installments covering the period of treatment. Sometimes the contract may provide for additional charges covering unforeseen contingencies, but make sure these charges don't add significantly to the original figure you were quoted. ■

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PERSONAL VIEW

This is the second in a series of occasional essays that express a uniquely personal view of home or family. Readers are invited to submit manuscripts for consideration in this series.

A gardener's dilemma

Outside my window the grass is glowing with late dew and early morning sun. A bee jets by on important business, and the dog twitches her ear as she lies sleepily guarding the lawn from robins. It's very hard to believe that the world is hopelessly defiled, its air and water unfit for living, its children doomed by their own hand.

Yet, the morning paper was adamant. Japanese women were found to have dieldrin in their breast milk and a penguin's blood contained DDT. I feel contaminants gathering in my own bloodstream, joining cholesterol in a deadly alliance, and I glance uneasily at the egg on my plate and the orange juice in my glass. Words leap off the page warning that I might die, while predicting the most dire overcrowding for mankind if I don't.

Why do I keep remembering that the morning paper a few short years ago solemnly warned that our death rate was so high, our birth rate so low, that Americans were threatened with extinction? What will next week's paper say?

Everything *looks* so good. The leaves are still green, and when they turn, their decay is beautiful, carpeting bare ground and softening streamsides. The sky is hazy and soft. Can that be the stench of death? It smells exactly like lilacs.

Beauty really is in the eye of the beholder. I know those who love concrete and glass and steel as I love stone and soil. Is one wrong because the other is right? Somebody is screaming that *we* are overrun, overfed, over-wealthy and undone. Yet I live simply, planting seeds and saving pennies. Am I not a part of "we"? When someone cries that we have sinned, do they mean me?

Who is "we"?

The people clumped together in groups confined by streets and walls have chosen, as have I. Our choices are our own. daily seek them out, purs individual goals.

A starling dips along walk, his bill a dot of c next to early gray. But ye day, he tore the robin's apart and threw eggs on ground. He seems familia wrecker who sees the world small for him and they. An destroys. I think I heard voice in print today. Root tear up, destroy. Must all building be done mid tatt ruins? How confusing.

Technology destroys us. article said so, though I name anyone whose life tied in some way to technol Isn't it the work of a n Didn't it begin with a poi stick or the chipping of st Forty years ago, this s technology was the fav son, holding the future of world in its hands. Ha sown its wild oats, it has c home in disgrace, victim o own youthful enthusiasms. the brink of maturity, mu be totally destroyed? I fl switch, push a button, u shovel. Isn't it all part of same thing?

My dog uses her nose, teeth, her claws. Nothing m That is the difference betw us. Must I be exactly like or else be out of tune?

How sad that life has c so soon to ruin. No n progress. No need for gro though nature tells us di ently ever hour. The en near? I read it day by day

The world will end of co as all things do. But it wi feel, end as it began: by de and at the proper time, no my hand.

Meanwhile, the trowe waiting, the seeds and b and hose. I have an app ment with tomorrow. journey begins now—toda think I'll shred the paper compost on my way. ■

By Ruth E. Ham


This new glass was washed 2 times in a leading lemon-freshened dishwasher detergent. You do see spots.
THEIRS
This new glass was washed 2 times in New Lemon-Freshened Dishwasher all. You don't see spots. Why? all has an anti-spot rinse agent formula.
OURS
We stop spots better
LEMON
NEW FRESHENED DISHWASHER all
7¢
Take this coupon to your store and save 7¢.
NEW LEMON FRESHENED DISHWASHER all with Anti-Spot Rinse Agent
7¢
102 DD
NOW! LEMON FRESHENED
FOR AUTOMATIC DISHWASHERS
all
With ANTI-SPOT RINSE AGENT
102 DD
Good only towards the purchase of Dishwasher all. To dealer: I will reimburse you for the face value of coupon plus 3¢ handling provided you and the consumer have complied with the terms of the offer. Lever Brothers Company, Box 1985, Clinton, Iowa 52732
STORE COUPON
7¢
7¢

CARS AL LEE Automotive Editor

WINTER CAMPING

If you enjoy camping in summer, you may take to winter camping, particularly if you like winter sports. It's now possible to camp in 70-degree comfort in a winterized recreational vehicle—one you've purchased especially equipped for such use, or one you've modified yourself.

Buying for cold weather

To be warm and comfortable, you'll need a self-contained camper—one with a heater, water storage tank, water heater, shower, toilet, holding tank, and LP gas stove. While many winter campgrounds offer electrical connections, water and sewer hookups are closed during freezing weather.

You'll want to specify good insulation (two-inch minimum high-density fiber glass, foam, or the equivalent), a large forced-air heater with blower, and a recirculating chemical toilet. Ideally, the unit should have insulating glass or storm windows, and an insulated double floor. On pickup campers, be sure to look for a solid undercarriage.

If you're in the market for a tent trailer, select a thermoplastic, no-canvas unit, or one equipped with winter canvas and metal top and sides. Specify a double floor with heat outlets directed at the floor. An icebox LP gas stove, heater, and portable toilet may come as standard equipment; if not, buy them separately.

Winterizing-it-yourself

If you already own a camper, travel trailer, or motor home, you can equip it for cold weather by providing adequate heat and insulation. It takes only a day or two, and usually costs less than $100. If you've bought a winterized unit and want to provide extra protection, follow these same guidelines.

Adequate heat. For comfort, you'll want to maintain an inside temperature of about 70 degrees. Check the BTU output of your furnace. For zero weather or below, experienced campers use the rough guideline of 1,000 BTUs per foot of vehicle length. If you have a travel trailer or pickup camper, you may need more heat because you won't have the help of an automotive heater. And you'll probably need extra heat if your recreational vehicle is poorly insulated or has a great deal of window space.

If necessary, you can buy an auxiliary heater or two, either electric or catalytic. Say you have a 20-foot motor home and your furnace provides only 12,000 BTUs per hour instead of the 20,000 you need. Buy an 8,000 BTU heater to make up the difference.

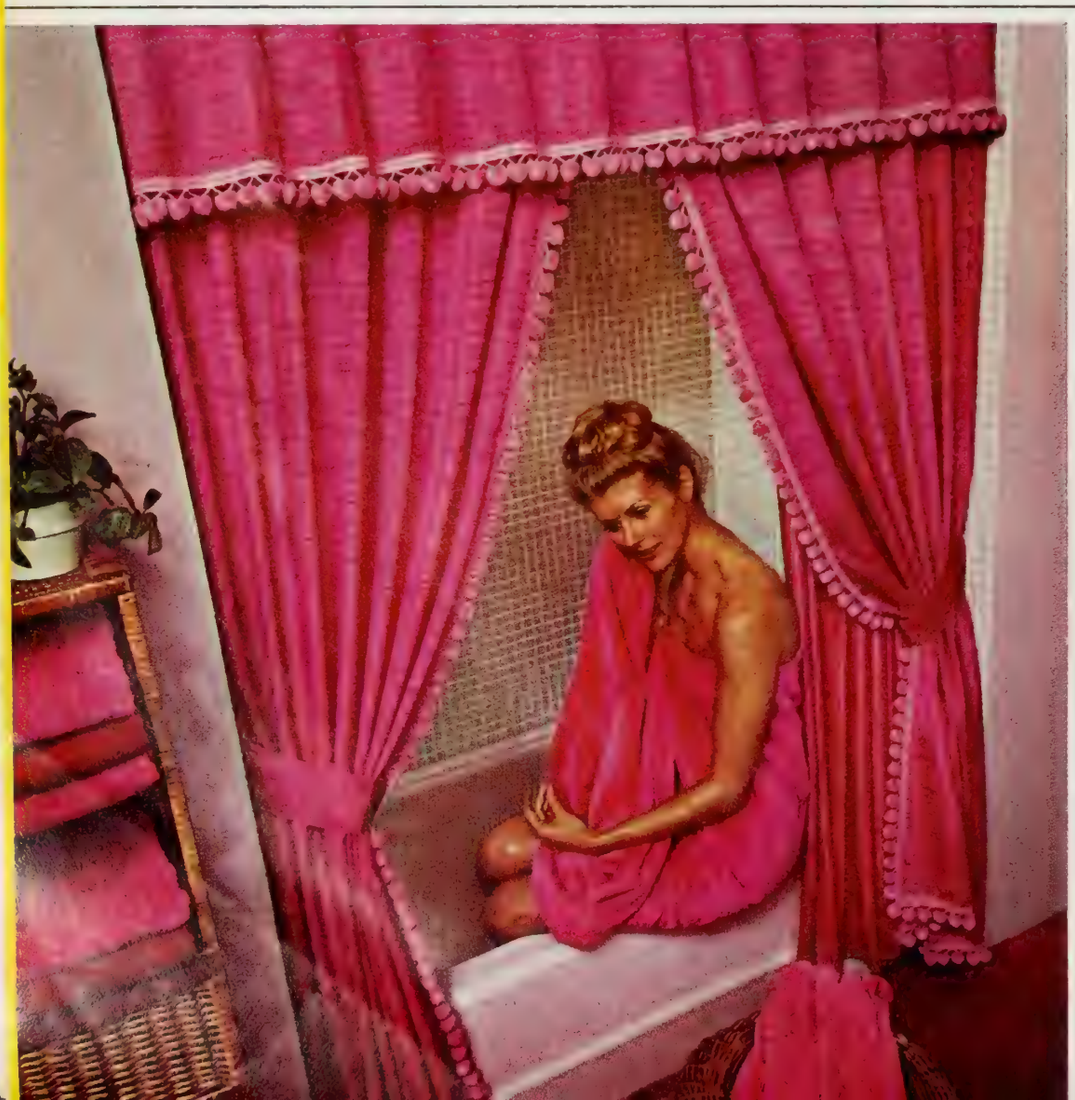
About $15 will buy an electric heater that supplies between 7,000 and 8,000 BTUs per hour and draws about 13 amps. Most campgrounds haven't the capacity to handle a heater that operates on 13 amps, nor can you expect to be able to use two electric heaters.

For less than $50, you can purchase a catalytic heater that provides from 2,000 to 10,000 BTUs per hour. One popular heater adjusts between 3,000 and 5,000 BTUs per hour and burns 12 to 16 hours on one quart of fuel. Another catalytic heater runs on one-pound disposable propane cylinders; a model that supplies 8,000 BTUs per hour burns as long as four hours per cylinder.

Warning: Only use auxiliary heaters for short periods. And whenever you use one, keep a window or vent open a crack to avoid carbon monoxide buildup. Also remember to start all catalytic heaters outside your unit.

For winter you'll need plenty of fuel: two LP gas tanks, at least 20 pounds each, with an automatic switchover. If this

Continued on page 100



Shower your bath with color!

Sears Antique Satin Shower Draperies.

Now you can turn your bathroom into a showplace. Because these are more than plai shower curtains. These are Sears Antique Sat Shower Draperies!

For dramatic highlights, choose any of 1 shining colors in richly slubbed 100% Estron® acetate taffeta. Plus color-coordinated vinyl l Waterproof, Sani-Gard® treated to resist mil Draperies hand washable. Liner, machine wa hang to dry.

Add more beauty with our color-coordi matching window ensembles. Towels. Bath co rugs and accessories. In Sears Bath Shop at r Sears, Roebuck and Co. stores, and by catalo



Sears

We have been selling
good toys and talking
about play for many years

Because many people have
difficulty understanding
good toys and play, we offer
this 96 page 'Guide to Good Toys'
In it you will find what
we think about play and toys
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Available for 25¢
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by dialing toll free
the following number
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of Illinois the number
800 642 3372

Creative Playthings
Princeton New Jersey 08540

'Guide to Good Toys'
Creative Playthings
P.O. Box 1100
Princeton New Jersey 08540

Name _____

Address _____

City _____ State _____ Zip _____

Quantity _____ Amount enclosed _____ B1

Can you get a tax deduction for a casualty loss?

That depends on what caused the damage to your home or property, how much the damage cost, and what reimbursement you get for your loss.

What is a "casualty?"

According to IRS, a casualty is the total or partial destruction of property resulting from an identifiable event of a sudden —or unusual—nature. Included within this definition might be damage or loss caused by a hurricane, tornado, flood, storm, fire, smoke, earthquake riot, vandalism, falling tree, or auto accident. Some of these casualty causes may not be covered by your homeowner's or other insurance, so it's especially important to know how to get a tax break.

Not included under the IRS definition would be damage that results from progressive deterioration. Say your back porch collapses because termites have eaten it away. The damage usually is not deductible, since there's no element of suddenness: the termites had been working on that porch for years. (There have been exceptions to this reasoning, so check with an expert.)

Similarly, damage by moths is not deductible. Nor is damage to shrubbery caused by erosion of soil over a long period of time—especially if the erosion were preventable. On the other hand, damage from erosion resulting from a very heavy storm would be deductible. So might damage to your home caused by subsoil shrinkage due to sudden and severe drought. You could probably claim water damage from pipes bursting after a sudden freeze; you couldn't claim water damage caused by a leaky roof that had long been decaying.

What evidence do you need?

It's important to pull together several facts as soon as possible, even though tax time may be months away. You'll want documents to show:

1. *The nature of the casualty and when it occurred.* Keep newspaper clippings, police records, insurance correspondence.



2. *The direct cause-effect relationship between the casualty and your loss.*

3. *Your ownership of the property.*

4. *Original cost of the property, plus any costs of improvements—all minus depreciation.* Gather bills, deeds, canceled checks.

5. *The fair market value of the property before and after the casualty.*

6. *The amount of any depreciation or casualty losses claimed on the property in prior years.*

What determines the amount of loss?

The value of the property before and after the casualty—not the cost of repair—usually sets the loss figure. (Sometimes IRS will accept repair costs as a fair measure of your loss.) The loss cannot exceed your cost less any depreciation claimed.

Before-and-after photographs are good evidence of decrease in value. As a basic safeguard at any time, you should keep an inventory of household goods, including photos and invoices, stored in your safe deposit box. Keep the list updated.

Also consider having an appraisal made by an expert. He knows the current market value, and has access to pertinent substantiating evidence you probably don't have. His fee is deductible in the year you pay it.

What may you deduct?

You may claim all losses—minus $100 for each nonbusiness casualty, and minus any compensation you receive from insurance or other sources, such as disaster relief agencies. Your loss deduction cannot exceed your tax basis in the property.

If a single event, such as a hurricane, severely damages your roof as well as your car, you would absorb the first $100 of damages collectively. On the other hand, if the hurricane damages just your roof, and then later in the year you have an accident with your auto, each event is treated as a separate casualty. You must absorb the first $100 for each—$200 on your tax return.

Tax tip: IRS Form 4684 will be a great help in figuring the correct deduction.

When do you deduct for your loss?

Usually in the tax year in which the casualty occurs, even though the property may not be restored in that year. However, thanks to a new law, any losses sustained in areas named "disasters" by the President during the first six months of 1972 may be claimed by filing an amended version of your 1971 tax return.

If you're fairly sure you'll be reimbursed for the loss, file for the deduction on the basis of the expected reimbursement even though you don't receive it in the tax year you incur the loss. In case the reimbursement turns out to be less than you thought it would be, you may claim the difference on your next year's return. If you collect more than you had anticipated, you must include that excess as income on your next return.

Tax tip: If your loss is so great that it wipes out all your income for the loss year, you can claim any unused portion of your loss as a deduction for *other* tax years and you'll actually get a refund of tax paid in those earlier years. Be sure to consult your tax adviser.

How can you find out about no-load mutual funds?

You can't sit back and wait for a no-load fund salesman to ring your doorbell, because there is no such animal. No-load funds are bought directly by the investor, with no middleman. In most cases, you cannot buy them through brokers.

This direct-sell approach is designed specifically to eliminate the sales charge you pay on a "load" fund. Generally, that fee would be about 8.5 percent of your total investment right off the top.

With that kind of a head start, it might seem foolish to buy anything but a no-load —or that something's wrong with these funds. Not true on either count:

- *Load funds* are preferred by many investors because they feel they need a salesman's expert eye in judging performance and selecting the right fund in terms of the customer's objectives. Some people also want the reassurance of having a professional around to consult with from time to time once the purchase is made. Furthermore, many load funds have outstanding performance records.
- On the other hand, there's nothing missing from a *no-load fund* except the salesman—and there are many excellent no-loads around, too. The truth is, you'll

Continued

How to treat your family like company with Jell-O® Soft Swirl.™ BRAND
(In less than 30 minutes.)



They look like they take hours to fix. But in less than 30 minutes they can be ready to eat.

And because Jell-O® Brand Soft Swirl™ is rich and creamy, yet light enough to peak and swirl, it's also elegant to have all by itself.

Why not treat your family like company tonight. With Soft Swirl you've got the time.

28 Minutes. Peach Parfait. Crush gingersnaps to make 1/4 cup. Layer with Peach Crème Soft Swirl and chocolate syrup in 4 dessert glasses.

25 Minutes. Cherry Cream. Divide 1 cup cherry pie filling among 6 dessert glasses. Prepare Vanilla Crème Soft Swirl with 2/3 cup each milk and sour cream; spoon over pie filling.

24 Minutes. Strawberry Fluff. Spoon 1 pkg. (10 oz.) thawed frozen strawberries into 5 dessert glasses, reserving a few berries for garnish. Top with Strawberry Crème Soft Swirl; then garnish.

25 Minutes. Mocha Café. Prepare Chocolate Crème Soft Swirl, adding 2 tsp. instant coffee before beating; spoon into 4 glasses.

GF GENERAL FOODS KITCHENS

If you use a dandruff shampoo on Tuesday, and dandruff's back on Thursday...



Face up to it, maybe what you've got isn't ordinary dandruff.

Ask your doctor. Flaking, scaling, and itching could be early signs of eczema, seborrhea, or psoriasis...which is why ordinary dandruff shampoos may not relieve these symptoms. But TEGRIN Medicated Shampoo guarantees relief—or your money back.

TEGRIN penetrates to the scalp to loosen and wash away flakes—medicates the scalp to help control flaking, scaling, and itching with just regular use. Leaves hair feeling soft and clean. So face up to your problem—use TEGRIN. You'll never go back to an ordinary dandruff shampoo again.

Tegrin® Medicated Shampoo



Guaranteed relief—or your money back.

No-load mutual funds

Continued

find good and bad among both kinds of funds, and you should look into each type before deciding to buy.

Mutual funds give you an opportunity to pool your money with that of many people whose investment goals are similar, but who don't have sufficient cash or expertise to make best use of the market. Investing this way gives you the protection of diversification in a great variety of securities that you couldn't have managed on your own. There also is the advantage of having experienced investment managers supervise the selection, purchase, and sale of securities by the fund. Once you put your money in, the experts take charge. (They're paid an annual fee, normally less than half of one percent of the fund's assets.)

Another advantage of mutual funds—whether load or no-load—is that you don't have to invest a lot of money. Some funds let you spend as little as $25 at one time, although the initial investment may have to be more. Others require as much as $1,000 or more to get started, with additional investments set at varying limits (usually much less than your first sum).

Mutual funds are "open-end." That is, the more money invested in them, the more shares there are in the public's hands. These funds will sell you shares or let you redeem them any time you wish for their "net asset value." The redemption value is figured by the number of shares outstanding in the fund, divided into the total net assets.

What choices do you have?

There are over 160 no-load funds in existence today, with total assets in excess of five billion dollars. And there are over 600 load funds, with assets of $60 billion dollars.

As with any investment, it's important to do your homework before you decide to buy. If you want a no-load fund, remember that you won't have a salesman to help steer you. You'll have to dig up the facts yourself by writing the no-load funds directly, going to the library, and using the other information sources available.

Should you invest in mutual funds at all?

Not if you're looking for a "quick killing" in the market. Gains from mutual fund investments should be earmarked for long-range plans and "big-ticket" expenses, such as retirement or college for your kids. Furthermore, before you consider the funds or any other investment, be sure you've provided for your immediate and emergency financial needs through savings and life insurance programs.

Most important, don't be fooled by the fact that it doesn't cost you any broker's fee or salesman's "load" to get in and out of a no-load fund. Despite all the publicity—both good and bad—that mutual funds have received over the past few years, *they generally behave the way the market does.* Over the long haul, they should give you a good, steady return on your money which could well be higher than some other forms of long-range investments.

That kind of return is what mutual funds are for. It doesn't make sense for the inexperienced investor to dip in and out of no-load funds as the market goes through short-term gyrations.

What about performance?

Don't forget: You're the one who makes the final judgment, whether you go on someone else's advice or arrive at your own conclusion. When you're examining any fund, keep these aspects in mind:

- *History.* The best advice is to measure a fund's performance over at least a five- to ten-year period. Almost 300 mutual funds have been operating for more than ten years.

One excellent source for comparing performances of most mutual funds is *Forbes* magazine. Each year in August they publish an issue which shows, among other things, separate ratings for each fund's performance in "up" as well as "down" markets over the years. You can get this year's copy in the library.

- *Objectives.* There are four major types of funds, each with a different objective. Your first step is to decide what you want. Then you can look to see how well specific funds have met their stated objectives. For example, **growth funds,** which concentrate on common stocks in expanding, growth companies, aim to provide current income rather than growth of capital. **Income funds,** on the other hand, tend to hold up better in bad markets. **Balanced funds** are similar to income funds, but must keep a portion of their assets in bonds and preferred stocks—both of

Continued on page 143

To every woman who ever defrosted a "no defrost" refrigerator.

ou can spend good money on a refrigerator that you're told ill defrost itself, only to find that you have to defrost it nyway. Before you buy anything, Sears urges you to get a w facts straight:

FACT 1. There are basically three inds of self-defrosting refrigerators on the market today:

"Automatic Defrost"	The refrigerator defrosts automatically, but *not* the freezer. You have to defrost the freezer by hand.
"No Frost"	Both the freezer and the refrigerator defrost themselves. But as in any refrigerator, it's heat that melts the frost. So the food inside may get too warm, *unless* cold air is forced back quickly. Some "No Frost" models do *not* have forced-air systems. Some do.
Sears Coldspot "Frostless"	When Sears says frostless, we mean visible frost will *never* form in refrigerator *or* freezer. A flow of *forced* air keeps food cold. Even frozen food stays thoroughly frozen.

Sears sells both "Frostless" and "Automatic Defrost" models. Our "Automatics" are fine machines with nice modest price tags.

But our latest model, the Coldspot Frostless, is *completely* frostless—refrigerator *and* freezer.

FACT 2. Get a zero-degree freezer for rm ice cream and good-tasting meat. The new Coldspot has a true zero-degree freezer. That's why ice cream stays scoopable, doesn't get mushy. Meat freezes fast and retains flavor. And it's a *201-pound* freezer by official industry standards.



FACT 3. If you're paying a little more for a good defrosting system, you might as well get the latest features, too.



Like Sears exclusive Humidrawers.™ They're airtight, so fruits and vegetables stay fresh far longer than in conventional crispers. (Lettuce keeps up to *twice* as long.)

There's an ice maker that keeps you supplied with 8 pounds of cubes—and a water dispenser with a shut-off valve to prevent drips and dribbles.

The shelves are *no-rust* aluminum, almost infinitely adjustable.

And the Coldspot comes in Avocado, Tawny Gold, Coppertone, White.

FACT 4. Sears Coldspot has an "extra" you can't see. Sears itself.

Sears reliability is built right in. If you ever need service it's as close as your phone.

See the Coldspot Frostless at most Sears, Roebuck and Co. stores and in the catalog.

While you're at Sears, get a copy of our new booklet, "All About Defrosting Systems." Free.

Sears

The Coldspot Frostless.

When Sears says frostless, we mean frostless.

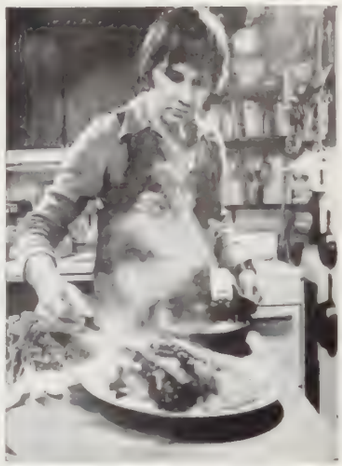


Model 62941

Haddock with mushrooms and spinach

As stage manager for various New York stage plays, Ronald Schaeffer has little time to devote to cooking. But when he feels a culinary urge, one of his favorite basic ingredients is fish. Both Ron and his wife Barbara Houston, an actress, appreciate its flavor and versatility.

Ron started cooking when he came to New York in 1960 as a bachelor. And, like many other men who cook, he "learned out of necessity." The Schaeffers usually serve sautéed carrots and a tossed green salad with this winning recipe for Haddock with Mushrooms and Spinach.



HADDOCK WITH MUSHROOMS AND SPINACH

Serve with a slightly chilled pinot chardonnay—

2 pounds fresh or frozen haddock fillets
1 medium onion, sliced
4 tablespoons butter or margarine
3 cups sliced mushrooms
4 cups fresh spinach
½ teaspoon salt
¼ teaspoon dried thyme, crushed
Dash lemon pepper marinade
⅓ cup dry white wine
2 tablespoons cornstarch
½ teaspoon salt
¼ cup water
6 lemon wedges

Thaw fish, if frozen. In medium skillet, cook onion in 2 tablespoons of the butter or margarine till tender but not brown. Add spinach, mushrooms, and haddock fillets. Dot fish with the remaining 2 tablespoons butter. Sprinkle with the first ½ teaspoon salt, the thyme, and lemon pepper; add wine. Cover and cook over low heat till fish flakes easily when tested with a fork, about 15 minutes. Remove fish to platter; keep warm. Combine cornstarch, the remaining salt, and the water. Stir into mixture in skillet. Cook and stir till thickened and bubbly. Turn spinach mixture onto serving plate; top with fish fillets. Garnish with lemon wedges. Makes 6 servings.

Photographs by Helen S. Dieter



DENTISTS WANT TO SAVE TEETH, NOT PULL THEM.

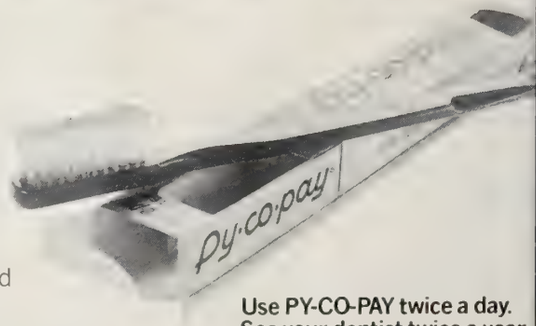
That's why a dentist designed the PY-CO-PAY® toothbrush.

Dentists agree that the most important thing *you* can do to save your teeth is to brush right. So a dentist designed PY-CO-PAY to make brushing right easier.

PY-CO-PAY has a small professional brush head, so it's easier to reach the back teeth where so many cavities start. And a straight handle so it's easier to brush at the proper angle.

When the rubber PY-CO-TIP® was added, it made it even easier to clean between your teeth and massage your gums, the way your dentist recommends.

As you'd expect, many dentists recommend the PY-CO-PAY toothbrush. After all, it was designed to make it easier for you to brush right.



Use PY-CO-PAY twice a day. See your dentist twice a year.



"May all your sours be Galliano sours."

That must surely be the sweetest sentiment two sour glasses can be raised to.

Because, to those who know, the Galliano sour is the most desirable of sours. There's something about Galliano that turns even the most familiar-tasting drink into a memorable experience.

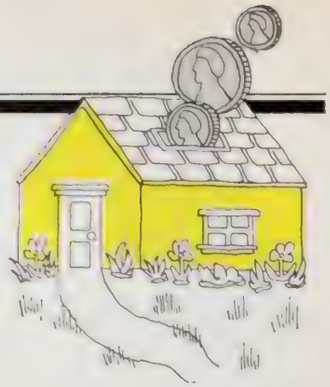
Devastate your friends with the superiority of your palate. Get a bottle of Galliano and mix as follows before their very eyes:

3/4 oz. Liquore Galliano
3/4 oz. whiskey (blend, bourbon or Scotch)
3/4 oz. fresh orange juice
1/2 oz. fresh lemon juice
3/4 tablespoon sugar

Shake well with ice. Strain into frosted sour glass. Raise with appropriate toast.

LIQUORE GALLIANO®
A LIQUEUR

Home settlement costs: are you a victim?



It may cost you hundreds and even thousands of dollars extra when you buy or sell your home, thanks to a property settlement system that is archaic, inefficient, and too frequently corrupt. Congress is taking a hard look at practices that gouge some homeowners coming and going. There are changes in sight, but it will take vigilant action by government and the public to get settlement costs into line.

Settlement costs are all the charges to both buyer and seller that are related to transferring title and obtaining a mortgage loan. These can include title examination and insurance, recording fees and transfer taxes, survey, brokerage commission, attorney's fees, loan discount points, credit report, appraisal, escrow deposits, and any of a dozen or more similar expenses. (Often these all are called "closing costs," although that term actually applies only to those fees that are paid by the borrower.)

Total settlement costs to buyer and seller can easily equal *ten to 15 percent of the selling price of a home.* In most cases, that's too high—and it's climbing higher.

Why must you pay so much?

Severely inflated settlement costs were catapulted into public view earlier this year when a parade of expert witnesses bluntly told Congress that in a majority of communities such costs often are unduly high. A major cause, said the experts, is an elaborate system of kickbacks, referral commissions, minimum fee schedules, and unnecessary (and sometimes unperformed) services. Even the honest people in the industry—and that's the vast majority—often get caught up in one form or another of some of these "accepted" ways of doing business.

The problem is complicated by the fact that there are so many people charging you for services at the time of settlement: attorneys, real estate brokers, mortgage lenders, surveyors, appraisers, title examiners, local governments, title insurers, mortgage insurers, escrow agents—even termite inspectors. Though you may not need all these people, you'll certainly have dealings with several.

Furthermore, there is virtually no price-lowering competition among these and other participants in the settlement process. Instead, behind-the-scenes kickbacks to get your business often mean more and more dollars added to the cost of buying and selling a home. Housing and Urban Development (HUD) Secretary George Romney recently pointed out to a Senate investigating committee a basic problem for the consumer: "No one appears much interested in competing by cutting costs to the home buyer since he is not likely to be in the market for another home in the near future."

Homeowners are at a further disadvantage because few have either the knowledge or time to scrutinize a bill for settlement costs. And if the attorney or settlement officer happens to have a continuing business relationship with the seller or lender, a buyer may not receive much help. Nor are most homeowners aware of ways to *reduce* settlement costs. *(See p. 184 for 14 ways you may be able to cut costs now.)*

"Local custom" rules your pocketbook

Kinds and amounts of settlement costs are traditionally dictated by "local custom"—which often means little more than what the settlement industries figure collectively that the market will bear. Not surprisingly, there is wide variation—especially since local laws differ, too.

A nationwide HUD survey discussed recently before the Senate Banking Committee shows that for houses sold in the $20,000 to $24,000 bracket, total settlement costs varied from less than $200 to more than $5,000. There are variations even within the same community. In the Chicago area, settlement costs on comparably priced homes ranged from $162 to $3,610. In Los Angeles, the range was from $973 to $4,356. Such inconsistencies are not unusual; indeed, there is evidence they are customary.

It's true that some property transfers are more involved than others, and often there are legitimate reasons for extra costs. However, almost nowhere are settlement costs as low as they should—and could—be. But forcing them down isn't easy. Tough federal, state, and local action is needed against the five principal causes of excessive settlement costs:

1. *Kickbacks must be stopped.* Because there are no ceilings on what home buyers and sellers can be charged, property settlements are profitable business. Some individuals and firms pay kickbacks to capture a larger share of the bounty for themselves, knowing they can "pass on" the cost to homeowners. That often can amount to hundreds of dollars concealed in the settlement statement!

Kickbacks, say experts, are especially prevalent in suburban areas where there is keen competition among settlement participants to gain a foothold in expanding communities. But even in other communities—almost everywhere in the country, according to some authorities—kickbacks of one sort or another have become common practice. This doesn't mean you're automatically going to be a victim wherever you go. What it does mean is that in most communities you'll find some people doing business this way. It's important to know whom you're dealing with.

The pattern is crazy quilt. Sometimes builders and developers obtain kickbacks from attorneys to whom they direct settlement business; they may even require home buyers to deal with a particular attorney. Some attorneys also pay kickbacks to brokers and lenders who direct business their way. Builders and attorneys alike may collect "commissions" from title insurance companies.

Kickbacks aren't always cash. They sometimes take the form of "gratuities" (such as season tickets to football games) or cut-rate services. A developer in a large housing subdivision, for example, may obtain his initial title work at cost or gratis in exchange for "recommending" a certain attorney. Builders sometimes have similar arrangements with title insurers.

Close kin to the kickback is the deliberately padded settlement statement used by some people in the business. Describing how it happens, a HUD study charges, "Parties responsible for supervising the closing sometimes 'mark up' individual costs charged for specific closing services and either keep the excess profits themselves or share them with the person supplying the inflated bill; this bill is then presented to the home buyer at closing."

Fortunately, a long-overdue crackdown on kickbacks and padded bills is now under way. Regulations recently announced by HUD require that attorneys and others performing settlement services certify that no kickbacks, rebates, or referral commissions have been paid or received in connection with federally insured home mortgages. This rule will apply to only a fraction of the mortgage lending activities today. Nevertheless, many people in the lending fraternity agree with the intent of the new regulation. For instance, Dr. Oliver H. Jones, executive vice-president of the Mortgage Bankers Association, quotes a colleague as saying that the kickback regulation may "be the best catharsis the industry ever enjoyed."

Tough *local* action is needed too. Although most bar associations and real estate boards have codes of ethics that condemn kickbacks, in many communities the rules are loosely interpreted and rarely enforced. Participants in the settlement

Continued

THAT MILLION BUCKS FEELING!

Give your guy hearty, buckwheat and maple flavored Buc•Wheats. These crisp, toast-brown flakes are high in the nutrition you both need to start the day feeling great.

Here's how Buc•Wheats nutrition stacks up against this bacon and egg breakfast.....

A one-ounce serving with milk has..

- 50% of the protein
- More vitamins*
- More minerals*
- Only 52% of the calories

*For which Minimum Daily Adult Requirements have been officially established.





Buc•Wheats high nutrition cereal
Helps you feel like a million bucks!

Settlement costs
Continued

process are reluctant to accuse colleagues or individuals whom they rely on as referral sources. Really effective state legislation is virtually nonexistent.

2. *Competition is needed.* But that means the right *kind* of competition. At present, lenders compete to get business from Realtors; lawyers compete to get business from builders a ers; title companies cor get business from lawye ers, and lenders. Mor than not, however, such tition takes the form of pay the largest kickback than who will offer the price to the homeowner.

The homeowner thus the victim rather than th ficiary of competition. easy victim he is. Becaus ily is likely to purchase few homes in a lifetime, pants in the settlement aren't really concerned the buyer's repeat b They also know that the owner usually has little say-so in deciding who w form settlement services ly, they know the hom must either pay the set charges presented to him off the settlement. The that *price* competition homeowner's business is cally nil in many comm

Sometimes barriers to tition are *legal*. Bar asso in a number of states ha ceeded in having the property settlements decla limits to all but attorneys ment firms or title insure might perform the same more economically are from competing.

Still other barriers ar subtle. A participant in tlement process who redu charges to become mor petitive for homeowners' age, for instance, may s lose the referrals so impor the bulk of his business.

While competition is to require, there are sever to encourage it:

- Strict enforcement of t no-kickback rules shoul eliminate the present fo competition that pushes up rather than down. (Ho these rules apply only t and VA loans.)
- Competition could b hanced if attorneys and were required to provide and seller with a statem proposed settlement cha week or two prior to act tlement. As a matter of buyer has the right even insist that his lender giv the closing costs figures related to the loan) prior t pletion of the transactio vance notice of all sett costs would provide hom ers and buyers an opportu seek outside advice and bly eliminate or reduce Homeowners and buyer would have a chance to a for someone else to p

Decorate your bedroom by bedtime.



50" x 84" drapes: 10.00 (41 other sizes). Valances extra

Put up our Tique decorator draperies. They're ready today.

We don't think you should have to wait for the kind of bedroom you want. That's why you'll find the decorator look in our best Tique draperies and spreads. Ready-made, of Avisco® rayon and cotton!

We gave them the elegant look of brocade. In twelve delightful colors, from champagne to cosmic blue.

And we built in all the wear and washability and no-iron beauty you expect of JCPenney home furnishings. In the sizes you need.

At prices you can afford. In fact, we've put everything you're looking for into our Tique draperies and spreads. So you can have a decorator bedroom all ready, by the time you're ready for bed!



Put on the matching spread. It's ready, too!

Full bedspread: 25.00. Carpet: JCPenney's "Heiress" nylon shag.

JCPenney

We know what you're looking for.

Available at most JCPenney stores, or through the catalog. All prices slightly higher on West Coast.

tlement services.
p" settlement service
step suggested to spur
on. The idea is that
ers should be able to
complete package of
services from a single
ponents argue that such
ld compete in price for
ers' patronage. At pres-
ver, most state laws ef-
prohibit a "one-stop"
so much as opening its
thing short of a voter
is likely to prod legis-
change this.
search and insurance
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reason than that lend-
d it, the seller of prop-
t prove he *owns* the
that he possesses a
ble title." The demand
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fault. Property titles in
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son that *title insurance*
o much is that an aver-
30 percent of the pre-
collected by title insur-
mpanies are paid out in
sions and kickbacks to
s, builders, brokers, and lenders who direct business to them. In contrast, only about two percent of title insurers' premiums is spent to pay claims. Also, these companies often provide extra services free of charge to brokers and lawyers. Too often, title insurance companies are not subject to effective regulation of their rates.

Although most home buyers must purchase a title insurance policy to obtain a loan, they don't get title insurance *protection.* Unless the buyer pays an additional premium, the standard insurance policy protects only the *lender* against errors that may arise from the searcher's oversights. Moreover, some policies are so riddled with "exceptions" that the protection is anything but comprehensive.

Continued on page 111

Read before you buy

(A Lesson In Cat Food Labels)



FLAVOR
Any cat food that says kidney "Flavor", needs only enough kidney or kidney flavoring to be detected by the pet or by a "recognized test method". But the label doesn't tell us how much.

DINNER
Any cat food called kidney "Dinner" needs only 25% kidney to meet regulations for use of the word "Dinner". It may contain more . . . but the label doesn't tell us so.

GRAVY
This product contains kidney "in gravy". How much kidney, we don't know. But the label says the gravy includes beef fat, non-fat milk blend, wheat flour, etc.

PURINA
It has to be at least 95% kidney. Because no other word appears with Kidney. It could be 100% kidney, except it is better for your cat to get 5% added vitamins, minerals, and other nutrients.

Each one of Purina's 16 varieties assures you of 95% of whatever it says on the label. No cereal fillers. No gravy fillers. Just 95%, plus 5% vitamins, minerals, and other nutrients.

T.M.

Purina. More of what your cat loves. More of what you're paying for.

Your child can't read: How can you help?

The facts speak for themselves. A large number of American children are not learning to read effectively—and in most cases their parents, and too often their schools, don't even know there's a reading problem.

And, to bring the issue closer to home, the odds are surprisingly high that your own child—or one you know well—has a reading problem grave enough to prevent him from coming close to his potential, either as a student or as an adult in later life.

How serious is the problem? Let's look at a typical elementary school classroom. Of the 30 students in the class, only six to 12 youngsters are "normal" readers, doing just about what can be expected of them. Between 12 and 18 pupils probably have minor deficiencies—possibly caused by lack of understanding of some skills—which could develop into serious problems if not given special attention by the teacher. From three to six youngsters probably read significantly below their classmates' level—and could use remedial instruction from a trained reading specialist. And at least one or two may have deficiencies serious enough to require clinical help.

All of this adds up to a national reading crisis, a situation the U. S. Office of Education (USOE) has been trying to make the country aware of for the past two years. USOE points to these shocking nationwide statistics to cinch its case: one in four students is performing two or more years below his grade level, and more than three million adults are totally illiterate.

Is your child part of the problem?

You can find out by asking your youngster's school for the results of his diagnostic reading tests. If no such diagnosis is part of the school's reading program (it should be a "must"), you can give him a test of your own making. And if the results of your test or the school's indicate reading deficiencies, there is much you can do at home to help him. Even more important: If your child is still in the preschool stage, you can play a major role in preventing a reading problem from developing later.

The homemade reading test is really quite simple. All you need are three or four reading books representing grade levels above, below, and at the grade level of your child. Ask him to read from the lowest grade level book first. If he encounters no more than one word per page that he can't pronounce or understand, have him try the next higher grade level book. Keep raising the book level until



he begins missing more than two or three words a page. At this point you have just passed his reading grade level. Repeat the process several times to make sure where the break occurs. The highest level book that he can read with less than two or three word errors per page represents his approximate reading grade level. If the book is a year or more below his actual grade level in school, he probably has a reading problem. At least you have a clue that he may need special help—at home and at school.

How are good readers raised?

Opportunities present themselves all day long for parents to help their children become good readers. First, and most important, you must maintain a good reading climate at home. From the earliest years, attitudes toward reading are learned by children from the attitudes and action of their parents.

An adult who likes the child and who enjoys reading is almost always the essential ingredient in bringing a child and books together in a lasting relationship. However, this adult need not be the parent; an aunt, grandmother, or another relative can be equally effective.

Since developing a constructive atmosphere in the home for reading is so important, how is it done? Long before the child enters school, parents of good readers spend time talking with him. They make certain he's surrounded by all kinds of reading matter—from preschool level up. They are often seen by the youngster reading themselves and discussing what they've read. They make use of their local library, and they buy books—for themselves and for their child. By example, they are demonstrating that reading is valuable and important.

When their child asks a question, they usually take the time to answer with descriptive sentences rather than a mere "yes" or "no." Then, when the child has reached the first or second grade, he can find his own answers when he's referred to books and other sources. Talking with youngsters is vital. Most reading authorities agree that the child who speaks fluently usually is the one who's ready to read when he goes to school. Thus, the parent who encourages the child to talk—and who learns to be a good listener—is providing the best possible foundation for reading.

Older brothers and sisters also can make an important contribution to the home's climate for good reading. They should be encouraged to share books with the young child, to listen to him read, to read to him, and to go out of their way to talk with him.

And perhaps most important in developing a good reading climate is to provide your child with a relaxed, tension-free atmosphere. At all costs, avoid pressuring him. Remember that enjoyment is what's most important in reading.

What can you do at home?

The next step, after achieving a good reading atmosphere, is to initiate several activities in the home. The ones described here are considered particularly helpful ways to whet a child's interest in reading.

It may sound old-fashioned, but reading aloud is one of the best ways to help a child become a good reader. It's like taking a beginning piano student to a concert to hear how a piano should sound. A beginning reader should have a chance to hear how a well-told story sounds. This gives him an idea of what he's working toward as he struggles through a reading lesson. And it gives his work in school much more meaning. Unfortunately, preprimary and primary children rarely hear a good story read aloud. This provides a fine opportunity for parents to fulfill an obvious need—at home and at school—as volunteer readers to small groups of children.

(Many children will remember the time when their parents read aloud to them as the happiest part of their days—and it often builds ties of deep, lasting affection between the parent and the child. You and your child can talk about the story and look at the pictures together. Often your child will be so enthralled he'll ask you to read the story a second and third time.)

Don't forget poetry in your reading aloud program. It's especially successful with young children. Even before your child can talk—and even before he can

Continued on page 38

True Value®
HARDWARE STORES



FREE WITH THIS COUPON

THE RUST BUSTER
1.65 value! One pint of Tru-Test X-O Rust, protective metal finish. In white or black. Limit 1 per customer at participating True Value Hardware Stores. Offer expires Nov. 11, 1972.

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Value Hardware Dealers are as good as their name. The combined buying of over 4,000 dealers in 50 states gives you bigger selections, lower prices, dollar value for every dollar you spend. Look for True Value when you shop.



Shop hundreds of values at your leisure! Your True Value Hardware Dealers' FALL SHOPPER is full of exciting savings for every part of your home. Pick one up at your True Value Store.

SEE MORE VALUES ON THE NEXT 2 PAGES...PLUS MANY MORE AT YOUR TRUE VALUE HARDWARE STORE



American Ironstone

Beautiful freezer-to-oven-to-table! service for 4: dinner plates, saucers, soup-cereals, bread and rs. 2 sets, **16.99** Each set, **8.88** Completer Serving Set.....**5.95**

Club Aluminum 8-pc. "Holiday"

B "Waterless" cooking, thick-cast aluminum, self-basting lids, porcelain color finish. 1½ & 2-qt. covered pans, 6¾ & 10" fry pans, 4½-qt. dutch oven, interchange lids. **44.95**

BEND Good-Looking, Good-Cooking Aluminumware

-pc. "Country Inn" range-to-table vare. No-stick inside, no-stain out- Oven and dishwasher-safe. 1½ and t. covered pans; 10" **34.95**

D Hot-Pot heats water for "instants", ideal for dorm, office or home. Warm to boil temperatures, 4-6 cup cap. . . **9.99**

E 12-36 cup Party Perk signals when coffee's done, keeps hot for hours. **12.99**



Simulated Pictures

PHILCO Stereo System

F Complete s... center. 4-speed mini turntable; FM... /FM stereo radio-tuner; built-in ... track tape cartridge and tape; twin speakers and head-set; roll-about cart. LP record. Set . **179.88**

GE 10" Porta-Color TV

H 60 sq. in. viewing, weighs only 25 lbs. Handy set for bedroom or study. VHF pre-set fine tuning; UHF solid state tuner, color puri- **199.88**

Sc...

...ay- ...ere ...ium ...spun ...ey-a-w... ...ound ...Nea... ...nob- ...ge hooks ... set. **139.88**

...Heat Humidifier

Add healthful, comforting ... to dry winter air. 9½ gal. cap. humidifies 2500 sq. ft., a 7-room home. Automatic humidistat and shut-off, refill light, 2-speed fan. **79.95**



Arvin Fireplace Heater

Install it yourself in 15 minutes, free-standing or wall-hung. Thermostat control, fan-forced heat. The beauty of realistic burning logs. 29¾" W, 120V. **99.88**



REMINGTON "Premier"

Lightweight portable with 84-character keyboard, office touch. Automatic line finder, visible margin stops, centering lock, pica type. Strong Cycolac® body and case. **38.88**



COMFORTLINE Kitchen Stools

Slimfold Stepstool supports up to 850 lbs., folds 4½" wide to store. **12.88**
Swivel Snack-Bar Stool. Custom Danish design, walnut-finished slat back, deep-cushion seat. Height adj. . . **19.95**



Hagerty Best Silver

Silversmith's treated gloves, pr.
Silver Spray stops tarnish. 8 oz.
Silversmith's Polish prevents
10 times as long. 8 oz.
Spray Clean for all surfaces.

HEADQUARTERS FOR EXCITING HUES

True Value® HARDWARE STORES



WERNER Safety Lad

K All aluminum, safety-tested. top and bottom steps, outside spre slip-proof feet. Paint shelf holds UL listed. 5 ft. . . . **11.88** 6 ft. . . .
West Coast prices slightly

Flexscreen Fireside Be

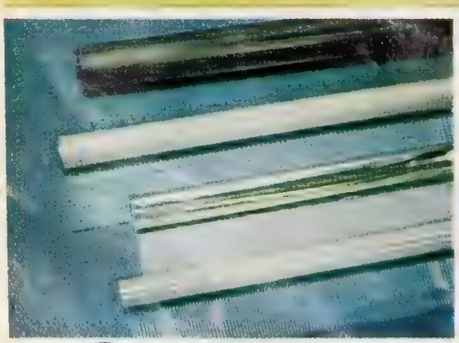
L Tempered glass enclosure give view of flame, draft control save Sizes to 43"x30" high. All black, brass, polished or antique brass . .
M 4-Pc. Fireset, antique brass . .
N Wood Holder, antique brass . .

Custom colors slightly higher.

TRU-TEST Supreme Dynamic Decorators! 1200 Rich, Latex Colors

Marvelustre Acrylic and Sat-N-Hue Flat Latex offer unlimited new color possibilities. Match, blend or contrast walls and woodwork to suit your taste in every room. Both go on smooth and easy, no thinning, no drips. Dry to a durable, scrubbable finish. Easy soap and water clean-up. Marvelustre, gal. . **8.98** Sat-N-Hue, gal. . **7.98**

Ask for "Let's Live Color" booklet, 32 pages of decorating ideas, FREE at your True Value Hardware Store.



Warp's Seal Out Cold

Plast-O-Mat plastic, 27"x6'. **49c**
Flex-O-Glass, 36" wide, lineal ft. . . **36c**
Glass-Weave mesh, per lineal ft. . . **25c**
Screen Glass, 14 mesh screen cloth embedded in plastic. Per lineal ft. **69c**



m-d Door Threshold

Handsome extruded aluminum with replaceable vinyl insert, vinyl strips under each leg for easy-working, tight seal at door. Easy to install. 3¾" wide. 32" long . . . . **3.75** 36" long **4.19**



DUST STOP Furnace Filters

Change filters monthly for cleaner air. Corsol adhesive traps dirt and pollen before they recirculate. 1" sizes: 20x20, 16x25, 16x20, 15x20, 14x25, 14x20. Save 40%, buy **6-pak.** **2.89**



Electric Heat Ta

Pipes won't freeze at 50° belo automatic with thermostat and light. **6.35** 9' non-automatic. Gutter cables prevent ice damag lead with plug, clips. 20 ft. . . . .



PIRE **Broom Values**

avy-duty industrial garage
rugged nylon bristles. Or, 18"
a-bristle floor brush. Hardwood
s. Your choice **4.88**
p Broom dusts as it sweeps. **2.69**



KORDITE **Giant Leaf Bags**

Heavy-duty plastic bags hold 7 bushels each! Makes moving out leaves and debris a snap. Waterproof covers for mowers and equipment. 10-bag box, reg. 1.98, now **79c**



LUFKIN **Steel Tapes**

LOKmatic positive lock, power return. White-clad blade, chrome case, with free belt clip. 12 ft... **2.99** 16 ft... **4.29** 100-ft. tape. Black and red markings, 16" centers, on white-clad blade .. **7.99**



Cleans and restores natural beauty to cabinets and paneling. 18-oz. spray.

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TEST **Paint Rollers**

roller and tray set **88c**
roller and tray set **2.33**
8-pc. painting pack set .. **3.33**
ne long-wearing latex roller cov-
pile, 7" .... **88c** 9" **99c**

TRU-TEST **Orel® Brushes**

DuPont's amazing polyester outwears hog bristles 3 times! Never gets floppy or unruly in water-base paint. Unaffected by heat or solvents used in paint and varnish. Full line, all sizes.



Schalk Household Caulk

Instant Tile Grout comes ready to use, for all ceramic and mosaic tile. Waterproof, stain-resistant. May be tinted. ½pt. **77c** Pt. **1.37** Qt. .. **2.27** Tru-Test Butyl Caulk cartridge ... **98c**

Red Devil Painting Tools

1½" flexible steel putty knife **79c**
Molded plastic scraper, 3-position retractable blade, 2 extra blades **69c**
Magnicator. Easy-to-use, move along wall, accurately points at studs ... **99c**



TEST **Antiquing Kits**

h the easy, one-day way! No
o remove old finish. Brush on
apply grain or glaze, seal with
ethane. Kit covers 75 Woodtones and colors. **3.99**

TRU-TEST **Masking Tape**

Easiest, surest way to get a clean, professional edge when painting. Hundreds of other uses. Outstanding value, 60 yd. ½". **49c** ¾" .. **59c** 1" ... **79c** 1½" **1.19** 2" .. **1.59**

Scotchgard Fabric Protector

Just spray on, rain proofs all outer wear, prevents greasy and liquid stains. Makes all fabrics soil resistant. Ideal for all apparel, upholstery and draperies. Will not harm fabrics or alter their color or appearance. 20 oz. aerosol can. **3.19**





For Soft, Clean Carpets

Beautify carpets, wall-to-wall or spots and traffic paths. Deep cleans and brightens colors; restores soft, plush feel. Use in your shampooer or rent electric shampooer $3 per day.

Qt. **1.98**
2 qt. **3.69**
Gal. **5.98**
Upholstery Kit **2.29**



P-X *"flowergarden"*

way to insure safe footing in bath
wer. Adhesive-backed rubber is
o install and clean.
17 stems, 5 blossoms. **3.98**
8 safety tread strips **2.98**



Bathroom Seats

Wood this beautiful doesn't grow on trees! Durable, scrubbable Magnoliawood™ has hand-carved look. Choice of colors. **12.88** Solid plastic seat, white or colors . **9.88**



CS **Toilet Repair Kit**

Rejuvenate your old toilet tank, end noise and water waste. Includes everything you need: ballcock, tankball and assembly, float, float rod, lever, adjustable guide. **4.88**



Aqua-Pure® Water Filter

All the clean, fresh, bottled-quality water you can use for only pennies a day. Dispenser replaces sink spray hose. Includes everything you need to install easily. **69.95**

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stores. For lowest values and better service... shop at your hardware store. Prices expire November 11, 1972.



It's not as easy to get rid of all that backyard cleanup as it used to be. You can't burn it in many places. And filling up a lot of giant bags is no fun either. The answer is Sears remarkable Shredder-Bagger. It chews up leaves, stringy vines and branches; almost any kind of lawn and garden debris. Reduces up to 20 bushels of them to a single compact bag of fine shreddings. There's no clutter and the sturdy plastic bag makes it all easy to dispose of. You can even use the shreddings as a mulch and save. Or turn it into a soil-enriching compost for a heartier lawn and garden.

However you use it, the Sears Shredder-Bagger is tough, easy-to-clean, light and maneuverable. It's as easy to use as your lawn mower. The Shredder-Bagger comes in a 3½ HP model and a 6 HP heavy-duty model. (Model shown is #28566/576.) There's even a special model you can attach to your Sears lawn tractor. All models make yard and garden cleanup a breeze. Prices are a breeze, too. Check them out at your nearest Sears, Roebuck and Co. store or through the catalog.

Sears

Children can't read

Continued

walk—he'll invariably enjoy hearing poetry read by someone who reads it well and with obvious pleasure. A child particularly enjoys the melody and movement—the music and the dance of words. He instinctively knows that he's hearing something fine—even when he doesn't understand it. In the process, the child is learning a respect for the printed word.

Here are some hints to help make your reading aloud sessions more fun. Let your child help select the stories he wants to hear. Make sure he wants to read when you do; if you see that he's getting restless, don't force him to continue sitting quietly for reading. Make certain that you read to him at least 60 minutes each week (recent studies indicate that 60 minutes is the minimum time necessary to have a significant influence on improving a child's reading ability).

To encourage your child's interest in reading, surround him with books on subjects that particularly interest him. Remember that gifts of books help a child develop pride in owning books. Here are a few examples of highly recommended books for preschoolers and beginning readers: *Little Bear* by Elsa Minarick; *Make Way for Ducklings* by Robert McCloskey; *Caps for Sale* by Esphyr Slododkina; *The Two Reds* by Will Lipkind and Nicholas Mordvinoff; *Play With Me* by Marie Hall Ets.

Good books are also available to help parents prepare their home reading programs: *Children's Reading in the Home* by May Hill Arbuthnot; *Recipe for a Magic Childhood* by Mary Ellen Chase; *Helping Your Child Read Better* by Robert N. Goldenson; *Helping Your Child Improve His Reading* by Ruth Strang; *That Eager Zest* by Frances Walsh.

Storytelling makes an interesting change of pace from reading aloud. Your child will enjoy listening to tales from your childhood or ones that you make up. Sometimes you can tell him part of a story and let him finish it. Later the stories can be made into little booklets with simple drawings and a few words to explain what's happening. These "books," which can be just a few pages of folded paper, are particularly treasu because they involve pe close to the child—himself, friends, his parents. Only a words are needed to write ab everyday happenings of y child—John jumps, John r John kisses Grandma, John h Mary. Each caption can desc snapshots you've taken or sir drawings made by you or y child.

Another interesting appro is to let your child "dictate" own stories from his daily periences. He'll enjoy watch you write them down, and feel an author's pride in the b that results.

Word cards are another de to improve reading skills. young children, print "Mom or "Daddy" on a three-by card, staple a string to it, wear it around your neck. your child: "What do you me?" Then wear the card won't take long before he i tifies the word with you. idea can be expanded alm indefinitely. Eventually, ev thing in the house can be beled, including food in kitchen. You might keep a label box in the kitchen, have the child match the la with the food you're prepa Another box could have la for all types of furniture.

There are lots of easily a able reading sources in child's world: newspapers, co boxes, milk cartons, na boxes, toys. Everyday ex ences, such as walking to store, give you an opportu to point out signs, labels in market, street and traffic s

Commercial word games are helpful. Good examples Lotto, Zing, Scrabble for iors, Word Roll, Toyland, ReadaWord. These games ally can be borrowed f school or public libraries. also can help your child m his own word games, such flash cards, rhyming wo look-alike and opposite wo

Any time during the day be opportune for word gam mealtime, bedtime, rest t Vacations are a particu good time to promote int in reading. Take along a va of reading material—short ries, folk tales, descriptive p phlets about the places you visiting. Short pieces are There are many good collec



rom. Among them are
arrick's *Piping Down*
ys Wild, William Cole's
at Nonsense and *Oh,*
ly, John Ciardi's *I Met*
and Richard Lewis's

all else, make sure the
activities are fun. Use
family situations and
malized special sessions.
should never be made
and the sessions should
t more than 30 minutes.
nterest lags, don't get
And don't try to pound
r child's head how nec-
ading is. If you tell him
must read to survive in
world, he could decide
dy a failure, or develop
resistance.

hould you look for help?

pass your community's
source for reading out-
school—the public li-
Regular weekly or bi-
visits to the children's
of the library should be
affair. In addition to
g books, many local
sponsor story hours,
nd puppet shows for
children. While you're
t your child choose a
ks to take home. Guide
the appropriate book
but be sure to let him
s own choices.

there is another impor-
ource at your fingertips.
of dollars have been
by the federal govern-
two television programs
l to help children learn
The results of these ef-
vailable with the click
V dial, are the Electric
ty (for ages 7-10) and
Street (for ages 3-5),
oduced by the Children's
on Workshop. Your pre-
and primary grade child
watch these daily pro-
egularly.

your efforts and those
child's school fail to
eadway against reading
cies, you should consider
him to a diagnostic read-
ter. These centers usu-
operated by a school
or are related to univer-
ools of education. But
ake this move without
nsulting with school of-
Ask for their view of
hild's reading problem.
hool's reading specialist

Continued

Hotpoint introduces the tough new washer that does delicate fabrics as gently as you do them by hand.



MODEL WLW5900

Our new washer gives the same gentle care to fine items as you do when you wash them by hand. And it does it with Hotpoint's Handwash™ control.

You see, concealed beneath the washer's regular agitator is a smaller agitator that does the delicate work for you. When you need it, remove the large agitator, set the Handwash cycle and speed setting, and the washer is ready to do special items like lingerie.

Another worksaving feature is the Soak and Wash cycle. It soaks from twenty minutes up to ten hours. Then it goes into the wash cycle of your choice with fresh, clean water and detergent—all automatically.

And when you need something washed in a hurry, the special Rapid-Wash cycle puts your clothes through a complete wash cycle in only ten minutes.

You'll never have to do the messy job of cleaning the filter again. Instead, our exclusive new filtering ring has 5 feet of filtering surface that strains the wash water throughout every cycle. Then it cleans itself when washing is done. And the washer's extra large capacity lets you do up to 18 lbs. of wash all in one load.

But the work this washer saves you from is only half the story.

We start with tough, proven parts. Then we continually check them: individually, assembled and in actual operation. And when they've passed every test we put them through, we know our washer is ready to give you year after year of dependable operation.

This tough new washer has a Hotpoint Permanent Press dryer to match it.

And like all Hotpoint washers and dryers, and every other Hotpoint appliance—ranges, dishwashers, compactors, disposers, refrigerators, freezers, and room air conditioners—it's built for a life of dependable performance.

And Hotpoint doesn't love you when you buy an appliance and leave you when it comes to service. Should anything keep a Hotpoint appliance from doing its job, a telephone call will bring a qualified Hotpoint serviceman to your door. And that's a promise.

Hotpoint. Customer care. Everywhere.

Fast, dependable service.



Hotpoint

NEXT MONTH

THE JOY AND ADVENTURE OF FAMILY SKIING—Once the sport of the young, the rich, and the famous, skiing has become a favorite form of recreation for families. Everyone gets into the act, from toddlers to grandparents. To join the fun, start with this pre-ski package that explains where to learn to ski, what gear you'll need, how to cut corners on cost, and more. There's also a coast-to-coast rundown on some of the best family ski spots.

NEXT MONTH

HOLIDAY HEAD START: GIFTS TO MAKE—Start stitching now, and before Christmas you'll have special gifts for all your favorite people. To get you started, we've come up with some intriguing ideas: a hat and cape outfit to delight a youngster, a cozy blanket skirt to please a hostess, a shoulder bag for a nonstop teen-ager, and more. To make sure you don't miss a stitch, we've included step-by-step directions for every gift idea.



Children can't read

Continued

can be helpful in referr
to the center that can be
your child's needs.

The parents' role in
the child become a good
doesn't end in the home.
school collaboration is e
—and schools with exe
reading programs encou
The first contact is your
reading teacher. Ask he
you can do to supplemen
she's doing in the cla
Some schools give parent
aloud" kits to show the
and how to read to the
dren. Others provide flas
for home use. Many
have developed comple
grams to teach parents
help their children.

How can you help your

You might be able to h
reading program by volun
as a reading tutor, or as
to help teachers provid
individualized attention
struction. These are just
of the many ways you
schools can work togeth
school might have more
but it may need your
implement them. Your
could stimulate the sch
go ahead.

Another way is to join
with other parents. Con
parents, well informed ab
ingredients necessary for
school reading program
ganized to bring intelligen
sure on a school board,
complish minor miracles
can work through exist
ganizations, such as the
or they can form a ne
Their goal: to educate th
munity on the shortcom
the present program and
gest answers.

Careful evaluation
existing reading program
first step. Find out how w
children are learning to
In most cases, there'll be
of room for improvemen

Here are some of the
tions you should ask:

- Is each child given a
diagnosis of his reading
at regular intervals?
- Is corrective action
when problems are found
is probably the key fa
preventing as well as co
reading difficulties.)
- Is a well-equipped
clinic available for the s
handicapped reader—th



to five percent of the body who suffer from l vision or hearing, defects, psychological s, and nervous system tions?

summer programs pro- help children improve ading?

home tutoring programs d to show youngsters and how they can reinforce m teaching?

each school have a read- cialist who is especially in remedial reading?

eacher aides available to eachers in instructional including reading aloud ren?

your elementary school well-stocked library or enter?

reading test scores from chool released annually ublic—and do they show nuch gain each class d during the school year?

e school providing indi- ed instruction?

volunteers encouraged to e reading program?

eachers use a variety of ues to teach reading?

tive answers to these ns pinpoint potential sses in the school pro- hat can be targets for or- pressure. Arm yourself cts to support your plea on. President Nixon has the National Reading 1776 Massachusetts NW, Washington, D. C. o help you. Ask the cen- help; that's what it's for. even supply you with 12 on developing an effec- ading program that can nitted to your local news- They'll help start a com- wide discussion on the program in your schools. u're going to become an for better reading in mmunity, you should be ructive critic and avoid ic answers. Your armor, ample, should include two basic facts about eading programs, learned ears of research in read- *classroom teacher* is the most important factor in , and how well, a child o read; most of the pres- thods and material for g reading work for some n, but *no one method* or all children. ■

Rediscover America



Scotties salutes our beautiful country with regional accents for your home.

Scotties Facial Tissues pays tribute to our beautiful country with five new beautiful picture boxes! The glorious Southwestern desert, autumnal New England, the South in full flower, the golden wheat fields of the Mid-West, and the majestic Far-Western mountains are all captured in breathtaking color photographs artfully designed to mix with or match your decor. Each box contains 125 fresh white Scotties, the soft, strong facial tissue. The Rediscover America series—a beautiful new decorator idea from Scotties.

HOME AND VACATION HOUSE DESIGNS

For just one dollar you can get a catalog picturing and describing 44 outstanding home designs including six vacation houses. Among the great variety of designs shown may be the house or summer home just right for your family. Better Homes and Gardens, Dept. 2K0, Post Office Box 374, Des Moines, Iowa 50302.

DECORATING CLINIC:

The most common problems solved

Decorating problems are easy to spot—the room is dull, drab, too small, too big, unworkable, or just plain unappealing. But coming up with solutions isn't quite so easy. Plenty of careful planning is essential if you don't want to make the same mistakes all over again. To help you save time and headaches, we've devoted ten pages to a variety of common decorating problems. And to give you a general idea of what it would cost to do the same thing at your house, we've included price charts. This month you'll get additional problem-solving ideas from furnishings dealers. Coast to coast, dealers are featuring Debut '73, a preview of livable home fashions in a wide variety of room settings. (For special Debut '73 section, see page 155.)

Problem: Here's a no-purpose hallway: no closet, no place to put keys or parcels, and nowhere to look except into the kitchen. Another problem was the carpeting that came with the house. The owners didn't like the color, but the carpeting was in excellent



condition so they couldn't see getting rid of it. The kitchen doorway was needed, but it didn't offer guests a pleasant view.

Solution: Paint can really do the trick in transforming a problem-ridden room. After the hallway walls were painted kumquat, the carpeting took on an entirely new character. The radiator was covered with wood paneling to create a handy spot for mail, keys, hats. The kitchen-view problem was solved by cutting the door in half, thereby retaining air circulation, but allowing only a partial view of the kitchen. (Hanging potted plants in the kitchen makes the visible area pleasant.) A white board mounted on the stairwell wall graphically repeats the line of the banister, while dowels and knobs attached to the board serve as useful hangers for coats and hats.



Photographs: de Gennaro, Helms, Hopkin

Hardboard and plywood to cover radiator	$3.64
24 two-inch wood knobs	$7.20
3-foot dowel cut into 24 one-and-one-half-inch sections	68¢
Mirrored tiles at upper landing	$3
Light fixture	$22.50
Paint	$14
Total cost:	**$51.02**

Note: Prices may vary according to your locality



roblem: This long, narrow bedroom was ıpposed to look Early American but the ɔtal effect was more like Exhausted Ameri-ın. The awkward size and placement of indows contributed to the problem. Be-ıuse of the drab and dispirited atmosphere, ıe owner was about ready to toss every-ıing and start all over again. But we con-inced her that there are many less expen-ve ways to perk up a depressing room.

olution: What saved the furniture and ansformed the room? Again, paint. By sing today's version of Early American ed, white, and blue the owner totally up-ated the room—and without sacrificing erfectly good furniture. Notice how the



Buying information, page 194

owerful band of bright red paint ties the indows together and then leads to the bed here a strip of blue paint serves as a head-oard. We suggested a ready-made blue bed-pread to which a strip of orange felt was ttached with fabric glue. To add more park, pillows were covered with scraps of elt and blue cloth. The floor was painted hite to give a sense of spaciousness, and ıe old rug was replaced with a white, asy-care nylon rug.

Bedspread	$12
Blinds	$79
Felt	$6
Rug	$65
Lamp on dresser	$40
Paint	$16
Total cost:	**$218**



Problem: Like many a makeshift home office, this one suffers from poor lighting, skimpy work space, and inadequate storage. These make-do maladies aren't confined to the home office. They also crop up in hobby areas, sewing rooms, and workshops. The good news: curing these eyesore areas doesn't take a bundle of money.





Problem:
Some people complain because their dining rooms aren't big enough, but consider the plight of the have-nots, with no dining room at all. The problem was compounded in the home shown here. Not only did it lack a dining room but the living room (so the homeowners thought) was too small to hold a table.



lution: First off, the room was given a t of cheerful yellow paint. Wood laths, talled two inches apart, provide a hand- ne wall treatment as well as a surface on ich to hang bookshelves, supplies, etc. To e the work-area squeeze without invest- in a new desk or table, the homeowners provised with a 30-inch door supported two sawhorses. Five decorative globe bs provide excellent non-glare light.

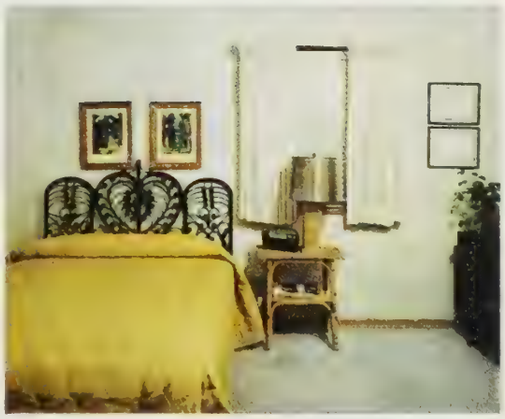
34 pieces lath stripping	$10.20
irty-inch door used as table	$12
Sawhorses	$12
File boxes (2 sets)	$17
Bulbs (5)	$13
Fixtures for bulbs	$34.75
Rug	$65
Paint	$2.75
Total cost:	**$166.70**

Note: Prices may vary according to your locality

lution: No more unromantic dining in kitchen, no more balancing tricks with trays . . . thanks to the acquisition of a ndsome credenza that contains a sizable d-out table. What used to be wasted ace (an alcove squeezed between stairway d entrance closet) now is the focal point the room. The entire recessed area was rrored to double the space visually and provide an intimate spot for dining. Pic- ed here, the table seats four, but extra ves stored in the credenza allow for ting up to ten people. Chairs fold for y storage and the versatile credenza/ le even has room for storing linens.

Mirror tiles	$54
redenza/table	$465
Four chairs	$96
Lamp	$22
Total cost:	**$637**

Problem: Typically, guest rooms stand idle and empty except on the rare occasions when guests are around. With space at a premium in most homes, it's a shame to let a perfectly good room go to waste. Another common guest-room problem is haphazard decorating. Too often, "guest room" is synonymous with "catchall" for cast-off and hand-me-down furniture. The room shown is a case in point.



Solution: These homeowners made their rarely used guest room work on the double by turning it into a combination guest room/ study. Instead of fighting the room's small size, they played it up and achieved a cozy, intimate look. Dark colors were used on floor and walls, with light-colored furniture providing contrast. The new sofa bed looks smart and is far more versatile than a conventional bed. On the far wall, a knockdown wall unit adjusts to provide a variety of storage arrangements. The small game table works overtime too, for letter writing and homework. Floor-to-ceiling molding around the venetian blinds adds architectural detail to the plain-Jane window.



Carpet	$312
Paint	$23.50
Sofa bed	$439
Table	$70
Two chairs	$116
Lamp on table	$55.50
Standing lamps	$73
Wall unit	$504
Window shades	$22.74
Total cost:	**$1,715.74**

Problem: The blah browns, prevalent in paneled living and family rooms. The owners had set out to give the room a woodsy, natural look, but they forgot to use color. The result was wall-to-wall drab. The furniture and its arrangement was good, with the exception of the table behind sofa (too big for space) and the coffee table (too small in scale). What this room needs is a big dose of vitalizing color, pattern, and texture.



Solution: Turning the tables unscrambled one problem. The table behind the sofa was pulled out, refinished, and put to dining use. The old dining table was turned into a striking new coffee table by cutting the legs in half, adding bright yellow paint, and covering the top with practical vinyl. The dining chairs were painted to match. To add a bold element of pattern to the room, draperies were replaced by a fabric-covered screen made of six pine panels. Another big room brightener is the fabric-covered mantel decoration which also serves to stretch the room horizontally. The owners chose a fairly expensive wool area rug to harmonize with the fabric screens but you could get by with an inexpensive nylon remnant in vivid orange or red. Behind the sofa, a new bookcase balances the horizontal lines of the wall hanging.



	Rug	$250
	Bookcase	$143
	Fabric for mantelpiece 3 yds.	$28.50
	Fabric for screen 9 yds.	$63
	Lamp	$98
Wood to make six screen frames	12 pine 1x2s eight feet long	
	12 pine 1x2s eighteen inches wide	$7.20
	Paint	$2.50
	Vinyl for table cover and chairs 3 yds.	$27
	Total cost:	**$619.20**

Note: Prices may vary according to your locality

oblem: Sure, this room has obvious prob-
ns like sagging bookshelves and droopy
aperies. But these are relatively easy to
rrect. What this room sorely lacks is per-
nality. There's only one thing to do when
u've got a sorrowful-looking room like
s: Unleash your imagination and discover
joy of transforming an ordinary room
o something unique.

---

lution: Turning this tired room around
quired lots of color, pattern, and texture.
r starters, walls were painted white to
amatize the abundant greenery and the
citing graphic on the far wall. The ceiling
s given visual impact with light-reflecting
ometric vinyl. To balance the string-bean
ndows, the old bookshelves were removed
d some new ones built on the sidewall.
otice how additional floor space was cre-





d by sliding the end of the daybed under
lower shelf. The daybed and chair were
vered in practical wide-wale corduroy. In
u of draperies, vinyl porch blinds were
d to add to the airy mood and provide
ntrolled light for the plant collection. A
ney-stretching decorating idea: a table-
th was used to cover the small Victorian
air and several toss pillows. Nylon wool
g carpet contributes more texture inter-
and invites floor-sitting.

Fabric for daybed	$50
Vinyl wall covering (on ceiling)	$63
Vinyl porch blinds	$17
Fabric for Victorian chair (tablecloth)	$8.95
Print over sofa (unframed)	$80
Bookshelves (materials and paint)	$35
Paint	$2.75
Total cost:	**$256.70**

DECORATING CLINIC:
How to solve your worst problems in stages

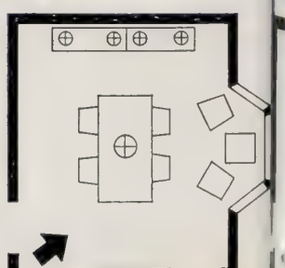
Up to this point you've seen common decorating problems solved in one fell swoop. But you don't have to do it that way. Here, on this page and the next, are two situations where the owners decided to save money by decorating in easy stages. In both instances, a year went by before the room transformations were completed. With careful planning, you don't have to worry about the room looking half-done between intermediate and final stages. What's nice about solving problems bit by bit is knowing the worst is behind you and the best is yet to come.



Problem: Like many homes, this one has a small dining room. The problem is how to make it hold more people. Usually the owners are content with a table and four chairs, but when they entertain, difficulties arise.



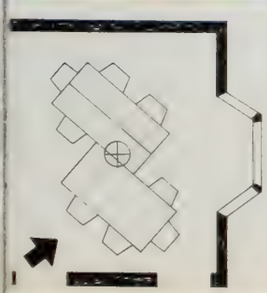
Intermediate stage: Solving the space problem in this room was a matter of logistics: New furniture pieces were needed, but they had to be versatile enough to serve ten people as well as four. We chose two console-shaped Parsons tables to serve as a buffet and then installed spotlights to dramatize the new area. To fill the void in the bay window area, the owners bought a small conversation table and two new chairs to match the original dining chairs. At this time, walls were painted blue and a related blue carpet installed to give the room an intimate atmosphere.



ast stage: It was during the time span be-
veen second and third stages the owners
scovered that by putting the two buffet
bles together they could form a table
actly the same size as the original dining
ble. Now, when the occasion arises, the
bles join forces to seat eight. The simple
ll shades were replaced by sheer curtains
give the room a more formal look, and
rk ceiling tiles were installed to muffle the
ise of large gatherings.

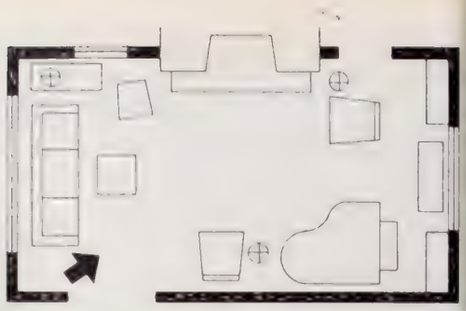


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Carpet	$270
Spotlights	$150
Ceiling	$353
Draperies	$156
Four chairs	$160
Two Parsons tables	$140
Small conversation table	$40
Paint	$23
Total cost:	**$1,292**

Note: Prices may vary according to your locality

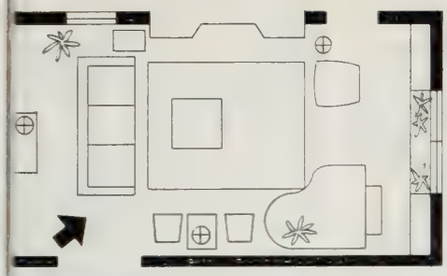


Problem: Granted this older home had charm, but it was offset by some serious decorating problems. The living room was long and narrow, making furniture arrangement difficult. The window with built-in bookcases on either side gave the room a chopped-up, disorganized appearance, and the time-worn carpet stood in the way of the contemporary look the owners wanted. Although nearly everything in this room cried out for attention, the budget dictated a gradual approach.



Intermediate stage: Transformation of this problem room began with the floor. A beautiful Oriental rug (inherited by the owners but never used) was brought out of hiding and given the attention it deserved. Note: Oriental rugs are wonderful additions to almost any room setting as long as the colors are compatible. To bring out the rug's natural beauty, the floor was sanded, stained, and polished. At this stage, louvered shutters were installed to hide the ugly window but still admit light, and the lower area of window was boxed in to hold a stereo system. The ring-around-the-room furniture placement was righted by moving the sofa closer to the fireplace. This created a nice conversation island and gave the fireplace its due as the focal point of the living area.







ast stage: To underplay the size and visual ɔminance of the bookcases, and to unify ıe entire wall, additional shutters were ıstalled. A new slipcover revitalized the red-looking sofa. With the addition of a ew chrome-and-glass coffee table, the inti- ıate seating arrangement was complete. inal steps in the updating operation: The ıantel above the fireplace was removed and ıe small graphic replaced by a large-scale il painting.

	Shutters	$461
Sander rental	$15 a day for three days	$45
	Stain and sealer	$31
	Slipcover for sofa	$204
	Coffee table	$140
	Paint	$15.70
	Total cost:	**$896.70**

Note: Prices may vary according to your locality

A report from 350,000 readers



What's happening to the AMERICAN FAMILY?

BY PETER LINDBERG, *Features Editor*

Of all the perplexing dilemmas your family has to face, the most elusive have to do with how your family works together—and how it copes with a society that's as mystifying and as frustrating as any in history. Some family problems—like the mortgage, that kitchen remodeling, even an illness—at least have reasonably defined choices. But some deceptively simple questions—like why is our 13-year-old acting that way, or are we really getting along together—often are so frustrating that many families never resolve them.

Rather than simply collecting a battery of expert opinions on family behavior, we took a more direct route: In our February and March issues, we published two four-page questionnaires with 109 questions that probed the touchiest family problems. We asked some very blunt questions—and got 350,000 equally candid replies, thousands of them accompanied by letters filled with insight—and a good deal of hope for the American family.

What made these opinions even more compelling were the respondents themselves—younger, better educated, family-oriented, and surprisingly objective. Thus, though it certainly is no blueprint for your own family decisions, this report does represent how thousands of concerned husbands, wives, and parents feel about some of the most volatile family problems.

Note: some percentages will total over 100 percent because of multiple answers.

To order the complete Family Questionnaire report, see coupon on page 212.

A vote for love—and communication

Do you think most husbands and wives you know share their most personal problems?
Yes 63% **No 37%**

Would you consider this sharing of personal problems to be:
Helpful 94% **No help 3%**
Harmful 2%

Do you think an occasional big argument helps the husband-wife relationship?
Yes 61% **No 38%**
In this question, age made a measurable difference in the answers given: 68 percent of these respondents under 35 thought a big argument helped; 49 percent of those over 55 felt it helped.

Do you think it is important—both for parents and children—that a husband and wife openly and frequently show affection for one another?
Yes 96% **No 4%**

Do you think that parents should argue in front of children?
Yes 25% **No 73%**
Here again, age made a difference: of those under 35, 27 percent thought parents should argue in front of the children; only 14 percent of respondents over 55 felt this way.

Sex, the pill, and marriage

Is there too much emphasis on sex in all aspects of our society today?
Yes 82% **No 17%**

Do you think the easier, more relaxed attitude about sex has helped the discussion of sex between husbands and wives?
Yes 81% **No 19%**

Do you feel that improved birth control methods—such as the pill—have contributed to better sexual adjustment in marriage?
Yes 85% **No 14%**

Do you think extramarital sex can contribute to a happy marriage?
Yes 2% **No 80%**
Sometimes 17%

Planning the family

Do you think children should be planned?
Yes 91% **No 9%**

What do you consider the ideal number of children?
One 1% **Two 55%**
Three 24% **Four 14%**
Five or more 3% **None 1%**

Do you feel that birth control methods and information should be available to anyone—including unmarried teenagers?
Yes 78% **No 22%**
Among respondents under 35, 14 percent answered no; of those 55 and over, 40 percent said no.

Do you think family planning should include legal abortion as an alternative?
Yes 40% **No 59%**

Premarital sex?

Do you think premarital sex can contribute to a happy marriage later?
Yes 11% **No 49%**
Sometimes 40%

Do you approve or disapprove of two people living together before they get married?
Approve 26%
Disapprove 73%
Of those 35 and under, 41 percent approved; of those 55 and over, just 12 percent approved.

What makes marriage work?

Would you say that the married couples you know have a mutual understanding about what they want from their marriage?
Yes 75% **No 24%**

Based on your observations of couples you know, which one of the following reasons for staying married seems to be the strongest?

Love	**42%**
Children	**22%**
Security	**16%**
Companionship	**15%**
Have learned to tolerate the marriage	**13%**
Religion	**5%**

Do you consider most of the couples you know to be happy in their marriage?
Yes 80% **No 19%**
In other questions, roughly half the readers felt that among couples they knew, sexual unfaithfulness by either a man or woman would cause a divorce.

Divorce: why and when

In your opinion, what are the

ain reasons marriages fail?
maturity 65%
lfishness 48%
nancial problems 39%
ck of mutual interests and goals 37%
rsonality conflicts 27%
or sexual adjustments 25%
ird party entanglements 18%

nong the couples you know, you feel there's a social gma attached to being di-rced?
s 40% No 59%

here would you go for ad-ce if you had marital prob-ns?
arriage counselor 45%
ergyman 39%
ctor 37%
iend 22%
rent or other family member 17%
oks, magazines, newspapers 12%

Religion: a loss of influence

religion losing its influence family life today?
s 85% No 15%

hich of the following atti-des best describes your inion on change in organ-ed religion?
anging too fast 32%
t changing fast enough 31%
anging at about the right speed 35%

aching—and holding—the children

w much trouble do you ve communicating with ur children?
eat deal of trouble 2%
me 29%
ry little 52%
t a parent 16%

what age do you think most rents lose effective control r their children's activities?
fore age 13 24%
15 years of age 30%
18 years 33%
21 years 10%
years or older 1%
ver 1%

what age do you think most rents should relinquish ef-tive control over their chil-n?
fore age 13 3%
15 years of age 2%
18 years 17%
21 years 60%
years or older 15%
ver 2%

The answers above make e dilemma quite clear: Though these parents (and 5/6 of these respondents are) can communicate with their children, they feel they lose control long before it's desirable.

A need for fathers—and involvement

Do you feel the father in most families spends enough time with the youngsters?
Yes 13% **No 87%**

Should parents participate actively in a child's homework?
Yes 65% **No 34%**

Do you think parents should get involved in their youngster's organized activities, such as sports and scouting?
Yes 89% **No 10%**

Do you plan most of your vacations around your children?
Yes 57% **No 26%**
No children 15%

For youngsters, a tighter rein

Are most parents these days too permissive with their children?
Yes 85% **No 14%**

Do you think children should be disciplined by physical punishment?
Yes 65% **No 32%**
Here 71 percent of readers under 35 believe in physical punishment, while 56 percent of readers over 55 believe this method works.

In your family, who has the major responsibility for disciplining the youngsters?
Father 24% **Mother 58%**
Not a parent 13%

No ringing vote for women's lib

All in all, do you feel that the movement for women's rights is a force for the better?
Yes 54% **No 45%**
In answering this question, more of the younger readers (and those with postgraduate education) said the women's rights movement is a force for the better.

In general, do you think the new awareness of women's rights has altered the husband-wife relationship significantly?
Yes 36% **No 63%**

Has this awareness had any specific effect on the mar-

Continued on page 128

This is what they wrote us:



Below—arranged in the same order as the answers you see on these two pages—are excerpts from the thousands of letters we received with the questionnaires. Combined with the answers, they yield compelling, often startling conclusions about some of the most sensitive areas of family relations.

A vote for love—and communication

- The first five years were not good, but with help from God, a lot of communication between me and my husband, and a whole lot of understanding by my husband, we worked things out and have never been so happy.
- Children should understand that expressing yourself and clearing the air is more important than brooding over things until they become giant size. I think it's also important that they realize that if you have legitimate reasons for your way of thinking, you can often chan[ge] [m]other's mind. I have sometimes said no to my children, and after an argument have agreed with them.
- An argument definitely helps, provided it isn't a hit-below-the-belt type of thing. It clears the air of all the petty little things that can add up to big things. I don't feel it's the big issues that cause divorces; it's years of little things piled toget[her]
- Big arguments lead to big bitterness—better small and patient discussio[n]

Sex, the pill, and marriage

- No, No, No! Women do not "give sex to [get] love!" They give sex because they love! With the emphasis on because! And they don't just "*give* sex." They participate in what [they] sume is an act of mutual and [shared]

Contin[ued]

Who are these [people]?

- *They're family ori[ented] married, 86 percent hav[e] own a home. In 42 perce[nt] wife has an outside job [full or part time].*
- *They're well-educ[ated] college, almost one-fifth hav[e] and another one-fifth have [graduate work].*
- *They're younger—[about] 35 years, 45 percent are between 35 and 54 [years], roughly 15 percent are 55 years or older.*

What toothpaste do dentists recommend for brushing dentures?

Colgate MFP ✓✓✓✓✓✓✓✓✓✓

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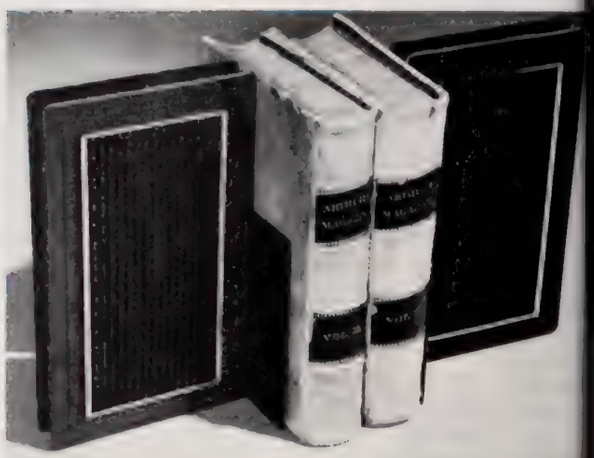
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good news!

DOUGLAS M. LIDSTER
New Products Editor

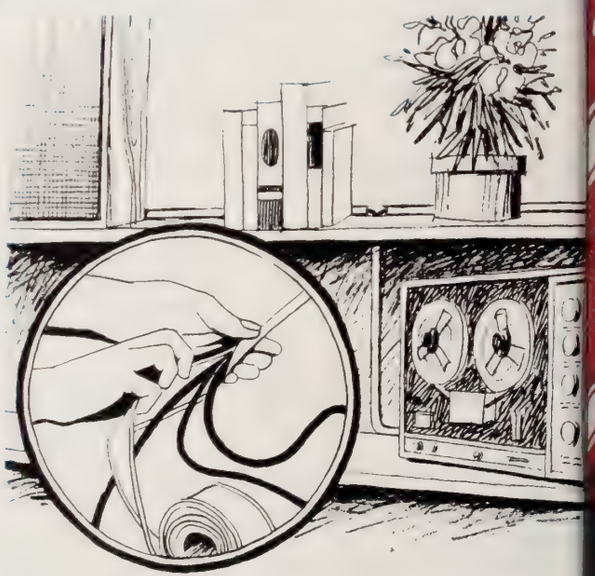


Hideaway speakers

These compact stereo speakers double as bookends a produce a full 18 watts of power—but they're just six ten inches and only 1⅜ inches thick.

The sound system uses Poly-Planar speakers—flat, po styrene plastic speakers that project sound from both sid of the unit. Input impedance is just eight ohms so y can take sound to other areas of your home without fecting the quality and output of your main hi-fi system.

Bookend Speakers, Model BE-52, $29.95 a pair at aud and electronic dealers. Magitran Company, 311 East Pa Street, Moonachie, New Jersey 07074.



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Zippertubing, available in five diameters at $2.95 p ten-foot roll. The Zippertubing Co., Consumer Produc Division, 494 S. Riverview Drive, Totowa, N.J. 07512.

Contin

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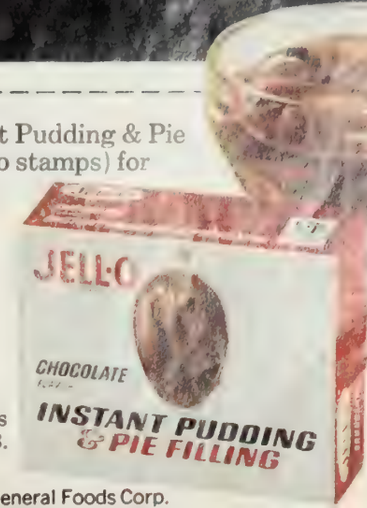
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Sears

good news! *Continued*



Compact electric chain saw

This streamlined saw weighs under eight pounds. A thumb-activated safety switch prevents accidental triggering. The saw is not only safe, it's silent. You can clear brush, prune trees, and cut firewood without disturbing your neighbors or contributing to noise pollution.

The housing is molded from durable, impact-resistant plastic. Since it's double-insulated, you can use an ordinary two-wire extension cord.

Mini-Mac Electric Chain Saw, $99.95 at hardware departments. McCulloch Corporation, 6101 W. Century Boulevard, Los Angeles, California 90045.



Acrylic bath module

When you're thinking about remodeling your present bathroom or adding another, think of the tub, the surrounding walls, soap shelves, and seat as one specific area. Then, think about adding a single unit that serves all these various functions.

Called a bathing suite, this one-piece modular unit is thermoformed from acrylic sheet. It's a tub, tub walls, ceiling, shelves, and seat all in one.

The tub-shower module has two conveniently located shelves and a comfortable seat. The floor has a slip-resistant surface for safety, and the walls are resilient to provide cushioning in case of a fall.

Fiat One-Piece Bathing Suite, in five colors, about $400. Fiat Products Dept., Formica Corporation, Formica Building, 120 E. 4th Street, Cincinnati, Ohio 45202.

General Electric explains microwave cooking for cookbook writer, Myra Waldo.



yra Waldo has written more cookbooks than any other rson. She has circled the globe collecting more than ,000 recipes for her 45 cookbooks published to date. Her ost recent cookbooks include: *Seven Wonders of the ooking World* and *The Diet Delight Cookbook.*

Q. How much faster is microwave ooking than conventional oven cooking?

A. Microwave cooking is up to 8 times ister. Conventional cooking relies on the ow transfer of heat from the food sur- ce to the inside layers. Microwave nergy penetrates the food, causing the od molecules to vibrate, resulting in iction and creating heat. This heat is dis- ributed through the food and cooks it. eneral Electric markets two complete icrowave cooking centers (Model J896 nd Model J856) plus a countertop port- ole microwave oven (Model JET80). ooking speed varies with the type of od being prepared but here are some mparison times:

OOD	CONVENTIONAL TIME	MICROWAVE PORTABLE OVEN	MICROWAVE COOKING CENTERS
1½ lb. meat loaf	60 min.	20 min.	18 min.
3 lb. turkey	3½ hrs.	1½ hrs.	40 min.
5 lb. rolled roast	3 hrs.	1¼ hrs.	35 min.
Baked Potato	60 min.	8 min.	6 min.
Baked Apple	45 min.	4 min.	4 min.

Q. Can you use standard recipes for microwave cooking and just change the timing?

A. In many cases, yes. General Electric furnishes a complete User's Manual and Cookbook with each microwave oven. Included are recipes representative of all food categories. To adapt your own recipe, you would select a similar one and use the same time and dish size stated for that particular food.

Q. Is there any change in flavor because of the rapid way the food is cooked?

A. No. Foods cooked by microwave energy generally taste the same as when cooked conventionally. Some people say foods cooked in a microwave oven taste fresher, because the faster cooking time retains more of the natural moisture in the food.

Q. Do I need special utensils for microwave cooking?

A. No. Glass, china, ceramics, pottery, paper plates and heat resistant plastics can be used if there's no metal in their composition or decoration. Metal tends to reflect microwave energy away from the food and should not be used unless specifically recommended in the User's Manual and Cookbook.

Q. Will a microwave oven brown food like a conventional oven?



A. General Electric's complete microwave cooking centers can speed cook and brown with conventional heating elements at the same time. Of course, you can use either the microwave energy or the conventional heat separately. General Electric's portable microwave oven will brown larger foods nicely due to the longer cooking period.

Q. Is there any hazard in working next to a microwave oven while it's operating?

A. No. General Electric's microwave ovens are engineered to keep the microwave energy from escaping outside. Two special interlocking devices automatically shut off the oven whenever the door is opened. GE complies with all Federal Safety Performance Standards for microwave ovens set by the Department of Health, Education and Welfare, Rules CFR Part 78.

Q. Can I get a microwave oven that's self-cleaning?

A. Yes. General Electric's complete microwave cooking centers feature our P-7® Total-Clean™ oven, because they utilize both microwave energy and conventional heat, making it possible for food soil to bake on. The surfaces inside our portable microwave oven remain cool enough so food soils don't bake on. You can clean them easily with a damp cloth.

Q. Can I get a microwave oven serviced easily, should I need it?



A. Yes. General Electric's Customer Care Service Everywhere goes with every microwave oven we sell. It's our pledge that wherever you are, or wherever you go, there's a qualified GE serviceman nearby.

If you'd like to know more about microwave cooking, write: General Electric, Dept. M.O., Appliance Park Bldg. #4, Louisville, Kentucky 40225.

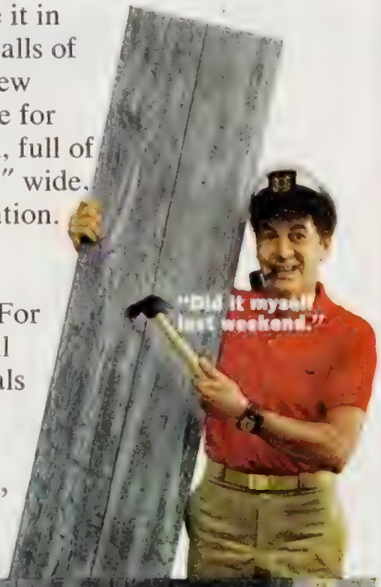
Microwave cooking is another reason why General Electric is America's #1 major appliance value.

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1. Four-way toy box. Putting toys away won't be such a chore for your child with this versatile toy box. Separated into four compartments—each one opening in a different direction—the box utilizes space much more efficiently than a single-bin toy chest does. When closed, the box becomes a sturdy bench. As children grow, use box for other storage. *Project Plan 3911-1*



2. Dollhouse that Dad built. This sturdy house makes a perfect gift for the junior homemaker in your family, and it's easy to build. The gabled roof lifts off to provide access. Slotted walls and movable partitions enable a young lady to remodel in minutes. The furniture is made of wood, and the chimney serves as a handle. *Project Plan 3711-1*

Continued

For information on how to order Project Plans, see page 183. A complete Project Plans Catalog is available for 50¢ (no stamps) from our Reader Service Department.



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*Colgate with MFP, the only fluoride toothpaste to get an ADA acceptance for a cavity reduction claim, is to be used twice daily and routinely in a professional prophylaxis program of oral hygiene and regular dental care.



Best projects *Continued*



3. Multi-level playhouse. Fun never stops in this little house. It has four separate levels linked by steps and ladders. Children enjoy exploring all the ins and outs of the various entries, decks, and ladders. The playhouse is basically an eight-foot cube made from 11½ sheets of 4x8 plywood. Concrete blocks form the steps and footers. Construction is simple, so why not let the kids help? *Project Plan 4106-2*



4. A-frame play unit. Here's an idea that will keep young swingers out of the trees and where you can watch them. Begin with six posts, an elongated crosspiece, and some bracing. The swings are just chains and strips of canvas. Later, add the tree house and ladder, then the basketball backboard and court. Use redwood or cedar for low maintenance and long life. *Project Plan 3808-2*

Continued



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5. Space-saving bunks. Space is usually scarce in children's bedrooms, especially when two kids share a room. Bunk beds are good news both for Mom and the kids. These two projects (above and right) solve the same space problem, but in different ways. The first (above) offers catchall storage space at the head of the beds. Build these bunks in three separate sections and assemble them. *Project Plan 3607-1*



6. Right-angle bunk idea places beds on perpendicular and includes a closet with sliding doors, plus two drawers for clothing or toys. Foam mattresses on the bunks are easy to fit to the size needed and are suitable for young backs. You build the bunks in component parts, then fasten them together. *Project Plan 3510-9*

Continued on page 166



Anyone who would make learning to play piano this much fun must love kids.

Count on Wurlitzer to come up with the easy-fun way to learn to play the piano...the Wurlitzer Music Laboratory. A student wears earphones, sits at his own Wurlitzer electronic piano, and learns to play songs from the very first lesson. To sight read. Improvise. Even compose. Students develop new friends and have fun with their classmates as they learn at their own individual pace. The teacher can instruct one student at a time or the entire group. Slow learners aren't rushed and fast learners can forge ahead.

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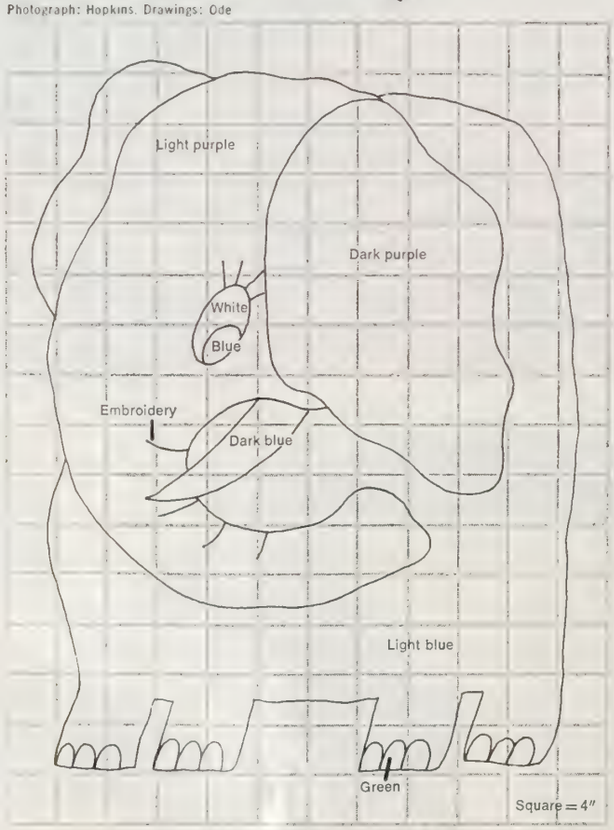
How to make the kid cuddlers on the cover

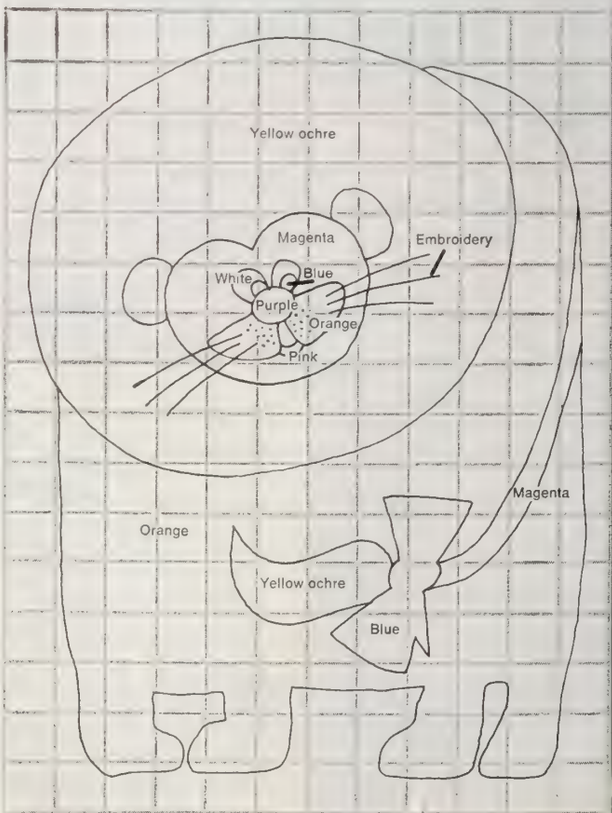




Our comical quilts can turn a youngster's bed- time from hassle to heyday! Lion and elephant comforters are 39x54 inches and made of 45- inch no-iron sailcloth. Elephant requires 1⅞ yards aqua for front, same amount of identical or contrasting fabric for back. For appliquéd parts: ⅞ yard plum, 1⅜ yards purple, ¼ yard blue, ⅛ yard green, ⅛ yard white. Lion requires 1⅞ yards orange for front, same amount of identical or contrasting fabric for back. For appliquéd parts: 1⅛ yards yellow, 1⅛ yards burgundy (burgundy section of lion's tail is only piece cut on bias), ½ yard royal blue, ⅛ yard each purple, white, red, and pink. Each animal requires a 39x54-inch piece of 1-inch polyester batting. Allow ⅝-inch seam allowance for all pieces. Trace pattern on brown paper and cut out front, back, and sections to be appliquéd. Roll out batting and tack to back section. Straight-stitch all appliquéd parts to front section. Embroider whisker and eyelash details with embroidery thread. Match front and back sides (faces together) and machine-stitch around outline, leaving opening to turn quilt right side out. Finish opening by hand. With embroidery thread, tack around all appliquéd areas one to two inches apart, tying tacked places off individually at back. Tack other large areas at random, using threads to match appliquéd areas. Charming quilts are designed by Donna Beals.

Photograph: Hopkins. Drawings: Ode







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How to do more with the space you have

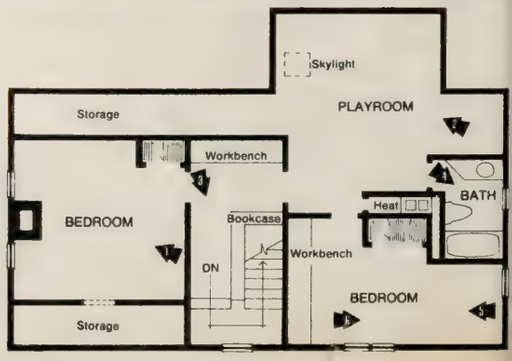
By Noel Seney, Building and Outdoor Living Editor, and Jerry Pinkham, Associate

What do you do when your house is straining at the seams, but you don't want to move out or invest in a major addition? You'll find the answers right here. We've come up with dozens of ways to ease the space crunch at your house—whether it's storage space you need, or a home office, or a roomier bedroom, or whatever. Pick the ideas that suit your family's needs, then get started. You have nothing to lose but your claustrophobia.



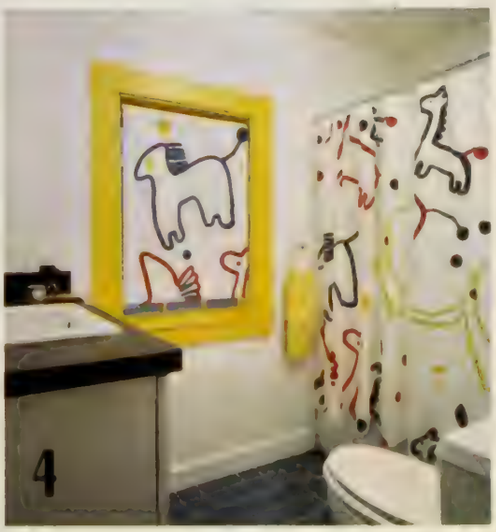
Photographs: Bill Helms. Architectural Design: Constance R. Hsia. Source: Estelle Guralnick.

Ever wish you could give your kids a part of your house that's all their own? This remodeled attic designed by Jean Curtis, author of *A Parent's Guide to Nursery Schools* (Random House), shows you how. The "Kids' Kingdom" includes two bedrooms, bath, storage, and play areas. The bedrooms, at opposite ends of the attic, are large enough to offer individual play areas; in the bedroom above, a special paint turns one wall into a gigantic blackboard. This rejuvenated attic even provides a bonus for the parents; the former children's room on the second floor will now be turned into a combination study and guest room.













Buying information, page 124.

2 Thanks to a new skylight, the attic playroom stays cheerful and bright. And when playtime gets the noise level up, a thick plywood subfloor topped with pile carpeting helps muffle the sounds between floors.

3 One good way to make hazardous stairways safer for children is to add a wraparound bookcase like this one. The top shelf extends two inches beyond the others to discourage adventurous small fry from using the bookcase as a ladder.

4 Adding a bathroom to this children's suite paid off handsomely for both kids and parents. Since the sink and storage cabinets are scaled to child height, the kids can wash up for dinner and brush their teeth without help from Mom. Downstairs, the main bath can now be converted to adults-only use.

5 A wall-wide shelf and desk arrangement in the boy's bedroom conserves valuable floor space while also creating lots of storage and work areas. A full-length butcher's-block ledge, made from oak flooring, sits atop stock drawer units to form the desk.

6 Before remodeling, the near-windowless attic was dingy and stuffy. Adding new windows opened up the attic, making it look more like an original third floor than a remodeled attic. *Continued*

Photographs: Tom Wier. Architect: Edward Saad, A.I.A. Source: Ruth Martin



1 A big, empty, unfinished basement is a gold mine of potential living space. But there's more to a successful basement remodeling than simply adding ceiling tiles, wall panels, carpeting, and a few furniture pieces. They make your basement look finished, all right, but they don't make it function as an active part of your house.

This basement is different. Here, bumped-out wall areas serve as closets, storage cabinets, study nooks, and bookcases, and there's even room for a piano bay. Best yet, there's still plenty of space left over to use as a family room, laundry, and a workshop.









2 This view from the family room shows how plywood paneling is used to create cubicle areas, such as the piano bay, office nook, and closet you see along the far wall. It's a simple way to pack your basement with functional areas without overcrowding it. Note also how flat black paint disguises the exposed ceiling.

3 Even though loaded with living areas, the basement retains a comfortably spacious feeling as demonstrated by this art gallery corridor. Sliding doors conceal the shelf-lined storage bays. Ceiling spotlights and dimmer-controlled, wall-mounted lights provide each area of the basement with the lighting desired.

4 Since the house is built on a slope, the rear of the basement opens up on grade level. Windows were added in the family room and this hall office center to take advantage of the natural light. Isolated from the more active areas, the hall office shows how good floor planning enables several persons to use the basement at one time without disturbing one another.

5 The floor is covered with vinyl tiles and throw rugs. They're inexpensive and they give the basement warmth and color. The cabinet-lined rear entryway leads to the laundry and workshop areas (see floor plan).

Continued

Photograph: Ernest Braun. Designer: Torben Strandgaard. Source: Helen Heitkamp



Photograph: Fred Lyon. Architect: Robert C. Peterson, A.I.A. Source: Barbara Cathcart





Photograph: Ernest Braun. Designer: Chris Bonbright. Source: Helen Heitkamp



Photograph: Bill Helms. Architectural Design: Constance R. Hsia. Source: Estelle Guralnick

1 If you're searching for storage and work space, don't overlook the window area. In this girl's room, a shelf/desk unit between windows supplies storage space for everything from books to bobby pins; the laminated counter serves as both a study center and sewing table. And look how little floor space it steals.

2 Here's a bunk bed that's really a space saver. At left, built-in drawers serve as a two-boy dresser. Above, the two square shelves are open on three sides for more storage room and easier access. Extra headroom on the lower bunk makes it usable as a seating area by day. Below are two pullout toy bins.

3 This carefully designed table is just like a hobby room on a wall. When not in use, the table folds up into a cabinet recess; flanking cabinet doors then close to conceal the underside of the table. Built-in units like this illustrate a good way to put more living functions in a room without using any floor space.

4 A narrow nook in your house that might otherwise be easily overlooked can often be transformed into usable space. Here, for example, a wood-flooring top spans two drawer units to make a versatile play-and-projects center along this children's room wall. Added shelf above conceals fluorescent lights.

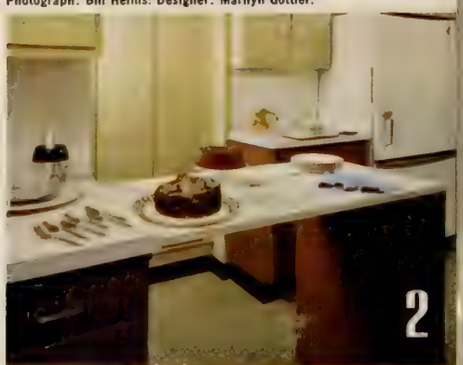


Photograph: Bill Maris. Architect: Alberto Robaina. Source: Catherine Morrison

5 If you're convinced two boys in a single bedroom is the formula for bedlam, consider this solution. A floor-to-ceiling wall divides the room in half, so each boy has a "room" to himself. The symmetrical arrangement of beds and furniture affords each boy the same living arrangement. The cork-surfaced center wall serves as a pinup board so that each boy can personalize his "room" as he likes. For storage, the tops of the bunk beds flip up to reveal roomy toy chests. The built-in shelves, spotlights, and study desk form a compact work-and-hobby center arrangement. The boys' dressers and closet are on the room's opposite side. *Continued*

Photograph: Bill Helms. Interior Design: Sims Murray of Trade Winds, Inc. Source: Estelle Guralnick

Photograph: Bill Helms. Designer: Marilyn Gottler.



1 Once a simple, solid wall, this remodeled partition between kitchen and dining room now performs a host of functions. Shelf and cabinet space on both sides of the wall doubles the storage space in each room. At left, bifold doors create a kitchen pass-through window, while also making both rooms seem more spacious.

2 Whenever large meals are in the offing, this pullout counter supplies additional work surface. The counter's laminated top and painted sides match the original cabinet, which is hollowed out at the top to receive the sliding work table.







Photographs: Bill Helms. Architects: Design Two, Inc. Interior Design: Nephele Riley Interiors.

3 What goes on in the family room when the family isn't there? Usually nothing—which is a waste of space for the housewife during her nonstop working day. Here, the situation is corrected with a family room that works by day and plays by night.

Hidden behind this wall-wide mural and counter unit is a battery of housework appliances. On sewing days, a hollow-core door hinged to the counter front folds up to create a big work surface.

4 A knee-space recess in the back of the cabinet makes room for sit-down sewing. Yard goods, patterns, and other items are stored in the built-in cabinets and drawers at left.

5 The real action begins at the mural. On the right-hand side, twin bifold doors open up to reveal a front-loading washer/dryer pair. In the center, a built-in ironing board drops down to just the right work level. Above, a pullout dress manikin comes in handy for sewing or mending clothes. A pullout plywood bin on the extreme left is big enough to hold a lazy week's worth of unwashed clothes. And for hanging just-ironed clothes, there's a built-in mini closet on the left wall. A custom arrangement of cabinets, shelves, and pegboards under the counter holds cleanup gear and miscellaneous items.

Continued

Photograph: de Gennaro. Architectural Design: Petrie Wilson. Source: Dorothy Campbell



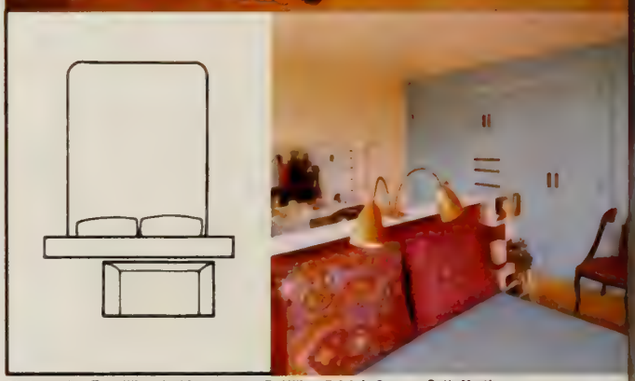
Photograph: Bill Helms. Interior Design: Sims Murray of Trade Winds, Inc. Source: Estelle Guralnick





Photograph: Bill Helms. Interior Design: Peggy Totten-Anna Smith. Source: Estelle Guralnick





Photographs: Tom Wier. Architect: Henry F. Miller, F.A.I.A. Source: Ruth Martin

1 Raising the floor level makes the bed area of this master bedroom look like a room within a room. The architectural change also yielded a storage-space bonus: three six-inch-deep apparel drawers. Pull-back drapes help define the sleeping area.

2 Here's an eye-blinking idea to help divide large, open rooms. Made of plywood and covered with laminated plastic, this divider serves double as a storage area and snack bar. The pillar at right keeps the unit in place, while also disguising one of the posts that supports the floor above. Mirror tiles glued to the divider add decorative interest.

3 If your bedroom is shy of closet and dressing space, consider this space-stretching idea. An easy-to-build divider wall, made of 2x2s and wallpaper-covered hardboard, carves out an extra clothes storage area. An added ceiling light, dresser, and floor mirror round out the dressing area.

4 This simple trick could make your bedroom seem bigger than you ever thought possible. The foot of the bed is pushed against the rear wall; then, a headboard/room divider is added at the head of the bed to disguise the arrangement. Built-in shelves and flanking nightstands add reading-in-bed convenience.



Photograph: Hedrich-Blessing. Designers: Jones and Duncan. Source: Jessie Walker

5 Here's an easy way to squeeze an office area into your family room. In most family rooms, the chairs and couches are spaced far apart to "fill out" the room; here, the seating units are grouped closer together. The new arrangement is conducive to conversation and allows space for an office desk to be placed back-to-back with the couch. Bumping out the rear wall with wood paneling makes room for a spacious shelf and cabinet area to hold office supplies and accessories. Hollow core doors are used to close off the cabinet/closets. With doors closed and desk top clean, the family room is once again ready for fun and games.

FLEXIBLE FITTINGS FOR YOUR TABLE

Down with tiresome tables! For starters, forget the words "everyday" and "company." Get all your table accessories into active circulation—combining patterns, blending different chinas, mixing sterling and stainless, interjecting novel backgrounds and centerpieces. And when you buy, think flexibility instead of quantity. You'll get much more mileage out of a variety of go-together patterns than from a "dusty dozen" on your top shelf. For get-set-and-go ideas, read on!

Elizabeth D. Craster, Home Entertaining Editor



Pool your possessions for surprising tables

If you have a stack of china tucked away on a top shelf, bring it out of hiding and introduce another friendly pattern. Here, we alternated pastel yellow octagonal plates with a splashy golden geometric pattern. The full-length "parasol" cloth adds another dramatic dimension. It's made of V-shaped bias-cut triangles of cotton yard goods. Don't be afraid to show off sterling and stainless on the same table. Lovely things happen when you improvise. With all this pattern play, a simple centerpiece is advisable. We chose a slender bouquet of gladiolus spiked with pinwheel blooms made from the cloth fabric.



Ironstone, plain or patterned, can be given many looks with a few skillful accents. Simple sculptural patterns like the Daffodil shown here can be teamed with contrasting dark pottery or floral fine china. For a Colonial or Shaker effect, team Ironstone with pewter, copper, or brass accessories and homespun mats.



Earthenware in today patterns like this geometric Sundance design works well for both formal and informal tables. For traditional tables, try earthenware with crystal candlesticks and a classic Oriental centerpiece; for a country look, accessorize with rustic textured mats and a mixed floral bouquet in a basket.



Stainless flatware should not only complement your dinnerware—but work well in tandem with your sterling silver. Pierced Baroque pattern stainless has a formality that lends itself to the most elegant occasions. Try alternating stainless and sterling place settings for a look-again table. Octagonal goblets add color.



Simple, sculptured lines make this Old English Tipt Sterling adaptable to both contemporary and traditional tables. For table-setting versatility, build a wardrobe of glasses in rainbow colors. This apple green case glass goblet would also get along beautifully with a matching green or bold floral cloth.

Photographs: de Gennaro



Play up your china with runners and mats

To make more of your china, sew up a covey of table coverings geared to every season and every party. These mats and runners are reversible—one side in broad stripes with a buckle to match the china—the other side in diminutive checks. We alternated the mats and the settings, too, combining a rich chocolate brown stoneware with an abstract patterned porcelain. A mod pottery container holds a full arrangement of orange marigolds, pods, and quaint cottage blooms made from folded bias strips of checked fabric. For flatware variety, we alternated an ornate Spanish-type stainless with a graceful pure-lined sterling silver pattern.



Photographs: Hopkins

Perfect china and silver combos don't just happen. Your best bet is to try patterns side by side in stores—or borrow a friend's patterns and try them out on your table. The Cimarron pattern stoneware above is unusually adaptable, lending itself to most any table-setting scheme you dream up. Try alternating cups and saucers, too.



Patterned porcelain, like the Dotted Stripe above, isn't as frivolous as you'd think. Its colors and design can inspire countless table settings. One winning combination would be the Dotted Stripe teamed with the stoneware at left. Underscore your patterned china with color-cued mats and cloth for a total table look.



Sterling silver should be used —not squirreled away for once-a-month use. A classic pattern, like this Fairfax sterling, suits any occasion, family or festive. Try a brocade cloth for an elegant dinner aura; patchwork and pine trims for an Early American table. We accented the sterling with Sphere pattern brown stemware.



Heavily patterned flatware like Hacienda stainless, above, is best combined with the stylized and unadorned china and silver shown here. Used alone, authoritative designs like Hacienda are dramatic accompaniments for bold prints and deep, dramatic colors. An Accent White goblet adds a casual note to the table setting.

Set up a table in a new spot



Who says you have to have din ner in the dining room? Pull u stakes and you can give the sim plest meal an intriguing new slan A table you've used for anothe purpose becomes a dramatic part center when it's togged out in tw layered cloths that carry out th color scheme of your tableware To fashion the table coverings, cu and hem two squares of materia Place both on a round table s points alternate. We combined on plate with a center pattern an one with a rim. Both plates ech the fuchsia hues of the brightl printed under cloth. For the cen terpiece, we filled tube vases wit mums, calendulas, and greenery



When picking patterns to use together, look for compatibility in the scale of the design and the color. A likely alliance would be the Gray Wave pattern above and Nuts and Bolts at right. Both were inspired by contemporary graphics. Background color and shape of plates match exactly. Two patterns are ideal for buffets.



A little can go a long way when you find an engaging pattern like Nuts and Bolts. You can collect just four place settings (or just four dinner plates) and use them for small gatherings—or mix them with another pattern for larger parties. Whenever you use this sprightly pattern, your table will be the better for it.



Lucite-handled stainless flatware is guaranteed to provide sparkle for any table from casual to classic. It's a perfect partner for silver. To achieve a harmonious effect when you mix cutlery and tableware, stick to the same pattern of tumblers or stemware on each table. Here chunky Madeira glass provides a vivid accent.



Mandarin pattern sterling silve is especially apt today, with th keen interest in the Far East. Bu this stylized bamboo pattern timeless too. It makes a fittin companion for fine table accesso ries of any era, whether 18th cen tury or 20th century. The Bambo Optic tumbler is equally compat ble with a variety of table setting

Scale your table trims to your table



If you have a big dining table, take full advantage of the space for grand effects. We did just that by juxtaposing two totally different tableware patterns—mosaic-like fine china and boldly flowered stoneware. As you can see, stunning effects are possible when you toss out the rule book and mix fine china with casual tableware. A fitted tablecloth underscores the stately proportions of the Parsons table. Dominating the center of the table is a spectacular six-in-one candle. It's made by pouring colored layers of wax into a planter. A tumbler at either end of the giant candle holds a loose assortment of mums, marigolds, and greenery.

Buying information, page 124.



Blues are bursting out in tableware. This rich-textured stoneware in Sonora pattern carries a variety of blue hues to the table. Striking patterns like this make the ideal accent pieces. You can use the cups and saucers and bread and butter plates with other china, or place salads atop metallic-banded inner plates.



More blues for your table, this time Petalpoint pattern fine china that's reminiscent of an opulent Persian carpet. You'll find this design blends well with daintily sprigged Victorian type china as well as with ornately banded Dresden. A table covering in a small-scale print in quiet colors makes a good background.



Venetian Scroll sterling silver with its delicate tracery pattern complements both fragile and forceful china designs. If you're shy on silver for a big crowd, make a service for eight serve sixteen by using salad forks, steak knives, a teaspoon for extra settings. Two-toned Glamour Blue goblet emphasizes the blue theme.



In the same table setting, two silver patterns can be better than one, and here's the evidence. The design in the Spanish Crown silver plate cutlery is concentrated at the end of each piece; the sterling has a more overall design. The subtle difference adds interest. Chunky Amigo goblets alongside play up the Spanish look.

Cooking secrets from great chefs

This month, a team of professional U. S. chefs, sponsored by Kraft Foods, will participate in the 19th International Culinary "Olympics" in Frankfurt, Germany. They'll compete with teams from over 35 countries for gold medals honoring culinary skills. Five of the team of chefs shared their recipes and some professional pointers with us. We've tested and tailored the recipes so you can try them out on family and friends. You won't win the "Olympics" but you will win kudos.

BERNARD URBAN, Executive Chef Royal Coach Motor Hotel, Houston, Texas



"Swiss-Texan" Bernard Urban, captain of the "Olympic" team, is a master chef at home as well as at the restaurant where he spends up to 12 hours a day. He suggests using buffalo steaks, or your favorite beefsteaks, or burgers with his **Special Barbecue Sauce.** The super salad pictured here is restaurant-size but the **Roquefort Cream Dressing** recipe is home-size. It won this chef a prize in the 1969 Master Chefs Roquefort Recipe Contest so you know it's great! Chef Urban's favorite plac to cook at home is the patio barbecu where he prepares **Beef Tips a la Bou gogne.** (His original recipe called for bu falo meat, but he readily OK'd our subst tution of beef roast.) First, he slices th rump roast into steaks and grills them t medium doneness. Next, he cubes the mea and moves everything inside to simmer wit broth, burgundy, and a few juniper berri for "wild" flavor. He serves this brew ov hot buttered noodles that have been sprin kled with ground nutmeg—another of h secret flavor ingredients.

Recipes begin on page 130

A charcoal grill gives meat smoky flavor for long-simmered Beef Tips a la Bourgogne.

Photographs: de Gennaro







Chef Urban ladles his Roquefort Cream Dressing atop a picture-perfect salad arrangement.







The restaurant dining room features a grill where beefsteaks are cooked to order.









**FRANZ ECKER, Executive Chef
Henry's at Lander Haven,
Cleveland, Ohio**

Though he's the youngest member of the American Culinary "Olympics" team, Franz Ecker is a perfectionist, and that makes him a keen, competent competitor. When he's at work in his gleaming stainless-steel restaurant kitchen, you can tell at a glance that he's a pro. He never settles for second best; starting with top-quality food

Curry Sauce tops Rice Colonial—a blend of sole, veal, and fruits served with rice.









ngredients and using the right kitchen equipment are the first professional secrets he divulges. **Rice Colonial** is Franz's version of a European classic. First, he sautés strips of sole and veal in butter. Then he adds them, along with chutney, to a mixture of fresh pineapple, apple, banana, mushrooms, and beef broth before serving with molded rice and topping with toasted coconut and sliced almonds. The crowning touch, **Curry Sauce,** is also loaded with fresh fruit. At home, Chef Ecker leaves the cooking to his wife except when company comes. His favorite choice is **Dover Sole Colbert,** coated with fresh bread crumbs, browned, and topped with a generous dollop of just-melting lemon-herb butter. He serves **Dauphine Potatoes** with the fish, nestling the golden puffed potato nuggets in an expertly folded napkin basket. "Never forget the importance of eye appeal," he advised, as he added the perky lemon garnishes to the fish platter.
Recipes begin on page 132

Dover Sole Colbert and Dauphine Potatoes top Franz's list of company entrees.

Photographs: Banner and Burns









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GERHARD GRIMEISSEN,
Executive Chef
Del Paso Country Club,
Sacramento, California

A master chef should be fluent in a multitude of cuisines, and Chef Grimeissen meets that criterion. His culinary scope includes American, French, Mexican, Polynesian, Italian, and German fare. He feels that familiarity with the classics of other countries is a must. But, he emphasizes, creativity and a willingness to learn about

Veal wrapped around prosciutto and cheese slices make Saltimbocca with Risi Bisi marvelous.

Photographs: Lyons, de Gennaro









new food products and techniques are also vital. For his **Saltimbocca,** Chef Grimeissen pounds out veal cutlets, tops each with slices of prosciutto and Monterey Jack cheese, and sprinkles them with a smidgen of sage. To keep the cheese inside the cutlet when it melts, Gerhard folds the four sides of the meat toward the center instead of rolling. Then he carefully browns the veal "rolls" in olive oil with chopped shallots, sliced mushrooms, and a splash of wine. **Risi Bisi,** saffron-sparked rice peppered with tiny green peas is his choice for a dinner accompaniment. Another of the chef's favorites is **Belgian Cheese Croquettes,** which he prepares for special occasions at home and at the club. These golden bundles of deep-fried Swiss cheese are ideal as a first course for a dinner party, or as a luncheon entree. Chef Grimeissen concocted a tomato sauce to serve along with the croquettes; he suggests using the sauce with broiled shrimp another time.

Recipes begin on page 135

Chef Grimeissen likes to serve Belgian Cheese Croquettes for an elegant luncheon entree.











MILOS CIHELKA,
Food and Beverage Manager
Detroit Athletic Club,
Detroit, Michigan

A chef with swift sure hands and a twink in his eye—that's Milos Cihelka. Superb confident in his every culinary move, h bubbled with enthusiasm as he shared h recipe secrets with us. His wine-laced **Lob ster Thermidor** brims with succulent nug gets of lobster, shallots, and mushroom

Lemony hollandaise tops Lobster Thermidor that Milos serves in colorful lobster shells.













Photographs: Banner and Burns, de Gennaro. Builder: Ivan Frankel Construction Company

He serves it in bright lobster shells topped with tangy hollandaise sauce, and warns us not to overcook the lobster or it will be tough. **Soufflé Grand Marnier** is Chef Cihelka's choice for a company-special dessert at home. (He served this at a club party, too, where he provided 75 individual soufflés!) He carefully assembles his ingredients, separating eggs, and weighing the amounts of butter, sugar, and flour. Weighing ingredients is the most accurate way to measure for a proper soufflé, he advises. Another tip: before beating egg whites, make sure the bowl and wire whip are absolutely immaculate—the chef rubs both with a lemon wedge "to make sure they're clean." Next he carefully folds egg yolks and whites together, and transfers the delicate blend to the soufflé dish to bake. Then he serves it immediately.

Recipes begin on page 138

Soufflé Grand Marnier tastes as delicate as it looks, and makes a superb dinner finale.









JACK SULLIVAN, Executive Chef Disneyland Hotel, Anaheim, California

When you meet Chef Sullivan, you understand immediately why he's executive chef, manager of the U. S. "Olympics" team, and president of the American Culinary Federation. He's in charge every step of the way—organized, competent, and thoroughly dedicated. His well-chosen blend of herbs brings out the best in **Fruit of the Bayou:** scallops, crabmeat, shrimp, and lobster simmered in a wine-laced s and served in an attractive parsleyed ring. Chef Sullivan maintains that a st pot is crucial to making a rich flavo sauce or gravy, and he doesn't hesitat add things most cooks discard—ce leaves, chicken bones, onion peelings make his stock even better. **Jack's Chic** features strips of chicken and sliced w chestnuts in a cream and chicken s sauce served in crisp patty shells topped with almonds.

Recipes begin on page 139

The four types of shellfish maintain their flavor identity in Fruit of the Bayou.

Photographs: de Gennar







Jack's Chicken has Oriental overtones: water chestnuts and slivered almonds.





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Campbell's Chicken & Stars is a flavorful soup with enriched macaroni stars, plump chicken pieces and a touch of carrots and celery in a golden broth. Perfect for all the chicken-soup lovers at your house.

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Hot buttered beverages



Photograph

THE HOT APPLE

- 1½ cups apple juice
- 2 tablespoons packed brown sugar
- 12 whole cloves
- 1½ cups brandy
- 1 21-ounce can baked apples, drained and halved
- 3 thin slices lemon, halved
- 6 teaspoons butter or margarine

In small saucepan, combine apple juice, brown sugar, and cloves; bring to boiling. Reduce heat and simmer, covered, for 15 minutes; strain. Return to pan; add brandy and... Place half of a baked apple... lemon slice, and 1 teaspoon... ter or margarine in each... Pour in juice. Makes 6 se...



HOT BUTTERED LEMON PU...

- 1 46-ounce can lemon-pink Hawaiian punch
- 12 inches stick cinnamon
- 1 whole nutmeg
- 3 whole allspice
- ¼ cup brandy
- 8 teaspoons butter or margarine

In saucepan, heat together ... and spices till hot, 10 m... Strain to remove whole ... Return to saucepan; add b... and heat. Pour into mugs... with 1 teaspoon of the bu... margarine. Makes 8 servi...



HONEY BUTTERED HOT WI...

- 2 cups rhine wine
- 3 tablespoons orange-flavored liqueur
- 3 tablespoons honey
- 1 tablespoon sugar
- 4 teaspoons butter or margarine
- Lemon slices
- Cinnamon sticks

In small saucepan, co... first four ingredients. H... boiling; pour into mugs... each with 1 teaspoon of th... ter or margarine. Garnish w... lemon and cinnamon. Ma... servings.

ilinary ctionary

an't cook like the master till you understand the ge of their recipes. Here's k rundown on some of the commonly used terms:

to make mixture smooth ding air with a brisk whip- or stirring motion using electric mixer, rotary , or wire whisk.

r: to coat with sugar by g in heavy syrup.

melize: to melt sugar slow- r low heat till it becomes in color.

y: to make stock clear by ; egg whites and simmer- r to melt butter slowly so solids sink to bottom of aving clear liquid on top.

e: to cook gently, as with , by heating in water just the boiling point.

n: to beat with spoon or ctric mixer till soft and h; when creaming shorten- d sugar, mixture is beaten ht and fluffy.

ze: to loosen coagulated g juices from bottom of sting pan by heating and g with liquid, as in mak- uce or gravy.

ease: to remove accumu- fat from the surface of a g liquid.

e: to sprinkle or coat a vith flour, crumbs, or any ine substance.

to add ingredients gently ixture. Using a spatula or whisk, cut down through e; go across bottom of nd up and over, close to e. Turn bowl frequently en distribution.

: to simmer in hot liquid, care so that food holds pe while cooking.

: to turn solid food into d pulp with a grinder, food lectric blender, or sieve.

ce: to boil down a liquid, ng it in quantity to con- te the flavor.

er: to melt (such as fat ed from meat) by heating at low temperature.

a mixture used for thick- sauces and gravies; made ter or other fat and flour may be browned.

: to brown or cook in amount of hot fat.

to brown surface of meat uickly by high heat.

er: to cook in liquid over eat just below boiling.

peaks: to beat till peaks ormed when beaters are but tips curl over.

peaks: to beat till peaks up straight when the beat- e lifted out, but are still and glossy looking.



Remember how Mom woke up with the 6 a.m. church bells to bake turnovers for the Ladies' Firehouse Luncheon?

Pepperidge Farm remembers.

How irresistible were those turnovers – flaky, crisp and filled with juicy fruit. Pepperidge Farm remembers, and brings you frozen turnovers you can bake up at home on just a few moments' notice.

They're made with layers and layers of flaky, paper-thin puff pastry that rise up tall in your oven. Inside, any of seven succulent fillings: Apple, Blueberry, Lemon, Peach, Strawberry, Raspberry or Cherry.

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NEXT MONTH

BOUNTY OF FALL FOODS—Those first crisp fall days mark the end of catch-as-catch-can summer meals and a return to stick-to-the-ribs kitchen cooking. And what a wealth of good things you have to work with: succulent poultry, a fall harvest of grains, colorful vegetables, and ripe fruits. They're all featured in our not-to-be-missed collection of recipes that range from Pheasants Jubilee to Fresh Tangerine Sherbet.

Log Cabin® and a pie Johnny Appleseed would have been proud of.

Homemade apple pie, fresh-out-of-the-oven, cooling on the back porch of an old country farmhouse in Lisbon, Ohio. Golden, flaky crust hiding the delights that lie beneath. The tender, juicy apples mingled with a touch of lemon, a bit of cinnamon, some butter, sugar and a little Log Cabin Syrup to make the apples even more luscious.

Every good American cook has her own special favorite secrets, and this one's the mapley touch of Log Cabin Syrup.

Log Cabin and Johnny Appleseed Pie.

Combine 1/4 cup Log Cabin Syrup, 1/2 cup sugar, 2 tablespoons Minute® Tapioca, 1 tablespoon lemon juice, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, and 1/4 teaspoon salt; gently stir in 6 cups peeled, sliced apples (about 6 apples) and let stand 15 minutes. Line a 9-inch pie pan with pastry. Pack apple mixture tightly into bottom crust and dot with 2 tablespoons butter. Cut design or slits in top crust, put on pie, press edges together and crimp. Open cuts to let steam escape. Bake at 450° for about 1 hour, or until filling bubbles and pastry is golden. For glazed crust, brush top crust with 2 tablespoons Log Cabin Syrup after 40 minutes of baking; then continue baking. Cool before cutting.



Apple pie is one of the greatest of all American cooking traditions, no doubt because the apple is such a hearty fruit. It became a very important part of the pioneers' way of life. Apples were used in every imaginable way. But of all the wonderful apple treats pioneer women made, a warm apple pie was something the men looked forward to when they came home from a hard day in the fields.

Perhaps we owe the fact that apple trees are still growing in abundance around us to a man named John Chapman, known in American legend as Johnny Appleseed. A man who traveled through the wilderness of the Ohio River Valley, stopping and clearing a patch of land, and then planting that land with apple seeds.

The Log Cabin brand has been around about as long as the legend. Since 1887, to be exact. It was just about the first blended syrup ever, refined and fussed with over the years, of course, just like the original apple pie recipe. But always a favorite with America's cooks.

Here's a recipe from the Log Cabin kitchens for an apple pie Johnny Appleseed himself would have been proud of.



Apple orchards. Beautiful in springtime when pink and white blossoms crowd the branches of the trees and scent the air with nature's own perfume. Stately in summer with leaves of apple green. And generous in autumn with boughs presenting their gifts of fruit glistening in the sun. Fruits for wonderful apple pies. That was Johnny Appleseed's legacy to America.

Our legacy to the American cooking heritage is Log Cabin's delicious blend of syrups.

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1972 THE QUAKER OATS COMPANY
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Maple & Brown Sugar
INSTANT QUAKER OATMEAL
Natural Flavor
INSTANT QUAKER OATMEAL
Flavor Variety
Apples & Cinnamon
Raisins & Spice
e more they eat the better you feel.

The elegant artichoke

By Priscilla Hanson Kruse

For a delightful change of pace, try artichokes. You can serve them alone as an appetizer, or combine them with other foods for a main dish or salad.

Buy firm, heavy artichokes that yield to slight pressure. The fleshy leaves should be large, cling tightly to each other, and have a dark green color. Don't worry about brown spots: they're caused by frost and don't harm the vegetables' quality. Artichokes direct from your produce market keep well. You can store them for several days in the crisper section of your refrigerator.

The edible portions of an artichoke are the fleshy base of the leaves and the heart hidden inside. Simply pull off the leaves, one by one. Dip the pulpy ends in hot butter sauce, hollandaise, or mayonnaise, and draw between the teeth, discarding the remaining, less tender ends. When you reach the inedible choke or fuzzy thistle part of the artichoke, remove it with knife and fork to expose the heart or bottom, the most prized portion of the plant. Cut this delicate treat into bite-sized pieces with your fork, dip in sauce, and you're ready to sample the choice part of this sophisticated vegetable.

We've described the classic way to enjoy artichokes. Now, a trio of recipes to broaden your artichoke repertoire.





Buying information, page 124



ARTICHOKE-CRAB BISQUE

Make a puree from the pulp of the artichoke leaves—

2 artichokes
1 13¾-ounce can chicken broth
½ cup whipping cream
1 egg yolk
2 tablespoons all-purpose flour
¼ teaspoon salt
½ cup finely chopped carrot
2 tablespoons sliced green onion
¼ cup water
1 7½-ounce can crab meat, drained and cartilage removed
2 teaspoons lemon juice

Remove and discard two or three layers of outer artichoke leaves. Cut stems to ½ inch. Quarter artichokes. Cook, covered, in boiling salted water 15 to 20 minutes or till tender. Drain; remove and discard choke (fuzzy portion). Remove and reserve pulp from each leaf by scraping firmly across base of each with blade of knife. Repeat to be sure all pulp is removed; discard leaves. Place pulp from leaves and the heart in blender container; add chicken broth, cream, egg yolk, flour, and salt. Cover and blend just enough to puree. In covered saucepan, cook carrot and green onion in water till tender, about 5 minutes. Add artichoke puree. Cook and stir till mixture is thickened and bubbly. Stir in crab meat and lemon juice; heat through. Makes 8 servings.

STROGANOFF-STUFFED ARTICHOKES

Classic stroganoff with an elegant base—

2 cups sliced mushrooms
¼ cup chopped onion
6 tablespoons butter or margarine
1½ pounds boneless beef, cubed
1½ cups beef broth
1 tablespoon chili sauce
¼ teaspoon salt
Dash pepper
6 artichokes
1 cup dairy sour cream
2 tablespoons all-purpose flour

In medium skillet, cook mushrooms and onion in 4 tablespoons of the butter or margarine till tender but not brown. Remove from skillet. In same skillet, brown beef in remaining butter. Add onion mixture, beef broth, chili sauce, salt, and pepper. Cover and simmer 1 hour or till meat is tender.

Meanwhile, with a sharp knife, cut off stems of artichokes. Slice about 1 inch from top of each. Remove and discard all coarse outer leaves. Snip off sharp leaf tips with kitchen shears. Place the artichokes in boiling, salted water. Cover and simmer for 20 minutes or till you can pierce the stalk easily with fork or pull out a leaf from base easily. Remove the artichokes and invert to drain. Using a melon-ball cutter or a sharp-edged spoon, thoroughly scoop out the fuzzy choke and enough of the additional center leaves to make a generous hollow. Keep warm.

Combine sour cream and flour. Gradually blend some of hot beef mixture into sour cream; return all to skillet. Cook and stir over low heat till thickened and hot *(do not boil)*. Spoon meat and mushroom mixture into artichokes; serve as dip for leaves. Makes 6 servings.

ARTICHOKE-CHICKEN ELEGANTE

Different and delicious, a great entrée—

3 artichokes
4 small chicken breasts
4 tablespoons butter or margarine
2 carrots, cut in julienne strips (¾ cup)
1 cup sliced mushrooms
½ cup sliced green onions
½ cup water chestnuts, drained and sliced
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon dried thyme, crushed
1½ cups chicken broth
½ cup dry white wine
2 tablespoons cornstarch

Remove and discard 2 or 3 layers of outer artichoke leaves. Cut off and discard stem and top ⅔ of each artichoke. Cut in quarters and rub cut surfaces with lemon juice. Cook in boiling salted water 15 minutes or till tender. Drain; remove chokes (fuzzy portion).

In large skillet, brown chicken on both sides in butter or margarine; remove and arrange in 11¾x7½x1¾-inch baking dish with the artichokes. Add carrots to skillet; cook, covered, 5 minutes over low heat. Add mushrooms, onions, water chestnuts, salt, pepper, and thyme; cook, covered, 1 minute more. Stir together chicken broth, wine, and cornstarch. Add to skillet; cook and stir till mixture thickens and bubbles. Pour sauce over all in baking dish. Bake, covered, in 375° oven for 40 minutes or till chicken is tender, basting occasionally with chicken-wine sauce. Makes 4 servings.

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seems excessive, consider that if you're running a 22,000-BTU heater, one 20-pound LP gas bottle will last only about a day in cold weather. And that's not taking into account fuel used for other needs.

Once you have adequate heat, make sure it's distributed through the camper. A furnace blower is essential. Because you'll probably run the blower day and night, causing a power drain, consider buying a generator or an auxiliary heavy-duty truck battery to boost your power. If you have a battery charger, take it al supply a steady charge.

Insulation. If you don't storm windows, you can them yourself from a h simply place clear plastic ing inside the windows an the molding, and use trans plastic tape to hold the in place.

Check to see that warm circulate in cabinets and c Look for outside air leak ticularly around connectio plug them with insulation polystyrene foam, rock wo fiber glass treated for low bustibility. Use spray ur for hard-to-reach areas. A tra insulation around tra water storage and holding and between the walls and pipes. If possible, pull ou stove and refrigerator an late wherever you can—a behind, and under them.

If the sink drain isn' nected to the holding tan may want to make the c tion yourself with plastic Otherwise carry a large on your trip to catch you water, and you'll avoid runoff. It's slippery and uns

Use 110-volt heater t wrap your water storage and all metal lines, inc toilet lines, if you have chemical toilet. The best tape turns on automaticall degrees and has a pilot lig glows when the tape is ope The cost is about $9 for 3 It's worth the extra mon cause you can't always touch if heater tape is or a malfunction could mean pipes.

On the cold road. The g heat loss occurs when your er is traveling. Wind wh around it creates a sever factor, which is why storm dows are essential.

Be sure to get your c ready the day before you Start the furnace and k running for 24 hours. You your unit to get quite ho will retain some heat c road while the furnace is you plan to keep the f running when you're o road, remember to chec pilot light frequently. If out, an LP gas leak could

To allow warm air to cir tape open your closet an inet doors, put the toilet se and remove the drain cap the sinks.

On your first trip, do the water storage tank you leave. Instead, carry water in plastic jugs unt reach camp, or until you' tain your unit can withsta temperature.

Add one gallon of perm antifreeze to your holding If you have a recirculating

His mother needed a steam shovel. All you need is Birds Eye Combinations.



"Boy, do I love vegetables!"

"Open wide, Mike, here comes another load."

"That's a good boy..."

Oh, the things mother had to go through to get your man to eat his vegetables when he was a boy.

They should have given her time and a half.

At Birds Eye, we never forget the little boy who lives inside every man.

That's why we've come up with Birds Eye® Combinations: 18 interesting vegetable combinations a man can love.

Our peas aren't just peas. We've added potatoes, with a little something extra: a cream sauce. We've combined lima beans and corn and peas and carrots. In a mild onion sauce.

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And watch him dig in.

Because your vegetables will be as irresistible as his mother's stories.



The vegetables mother never had.

GF
GENERAL FOODS KITCHENS

ilet, add one gallon of anti- to every three gallons of in the holding tank. *Never ntifreeze with an alcohol –it can destroy the pipes 's flammable.*

t before you leave, check LP gas supply. And be sure using propane; butane is s in freezing weather.

your trip. If you return in below-freezing weather, simple steps will prepare camper for storage. Before urn off the furnace, com- y drain all water lines and Use an air hose to blow ny water caught in the Add a nontoxic antifreeze empty water tank, and put a gallon of antifreeze in lding tank. Turn off all ap- es and open all cabinet and doors. Be sure your LP gas are turned off. Remove any that can freeze.

side benefit of winterizing camper is that you can t to friends when you're sing it.

about tents?

families enjoy tent camp- winter. All it takes is the equipment and a little how.

d a campsite in the sun on heltered side of a wind- Unless you have a portable camp near park facilities. here's snow on the ground, a space for your tent. Pack around the tent for insula- nd to anchor it firmly.

ide which way the wind is ng, then block its course retching a tarp between a of trees. Keep a campfire ng constantly. Run a tent all day, even when you're

p on a mattress, preferably and don't use a cot. For tion, put newspapers or a t between your mattress eeping bag.

an inexpensive, battery- ed hand-warmer inside sleeping bag to keep your arm.

e along warm clothing. jacket and sleeping bag l be down-filled (three- l minimum), and it's good ve insulated mittens, hat, and underwear.

Camping Tips

ry a directory that lists grounds open in winter. Al- call ahead to find out if are open and if a plowed- mpsite is available.

snow tires and carry , salt, and a shovel.

your camper near a wind- facing the wind. If you o stay more than a few reduce the chill that creeps der the camper by piling around the bottom of your or by using a plastic drop nchoring it with snow.

- Use two doormats, one outside for scraping snow-covered boots, the other inside. Otherwise snow may melt, then freeze to the floor.
- To save heat, try to limit your trips in and out. Keep camper door closed as much as possible.
- Save water by using paper plates and cups, plastic eating and cooking utensils, and disposable cooking pans.
- As in summer, be prepared for emergencies. Carry canned heat, dehydrated food, and road flares Keep a supply of charcoal lighter for starting wet logs.
- If you have a freeze-up, don't try to thaw pipes. Return home and take your camper to a dealer for thawing and servicing. ■

NABISCO®

THE NABISCO MUNCH IS ON!™

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News From a Recent Diggers Munch

Old and young alike were seen digging into Diggers and digging Diggers into dips. These delicious Nabisco snacks are not like crackers and they're not like chips. They're little corn shovels and they taste hot popped...when you dig into Diggers, you're done for!

Many Munchers Marvel at Magnificent Lightness of Chipsters Potato Snacks.

A record crowd gathered at a recent Chipsters Munch to enjoy the Original Light, Slim Chip. Nabisco's crisp Chipsters have that great potato taste without the grease... they're light as air—you'll love to eat them everywhere!

Entire country seen munching delicious snacks from famous cookie cracker and snack maker.

That's how the Famous Cookie, Cracker and Snack Maker got to be Famous—by making the best made, best tasting goodies available. And that's why people are gathering in hordes (or in Groups of One) to get in on the fun of eating scrumptious, scrunchy Nabisco Snacks. The Big Munch is on!





Flings Fan Flinging Fling

Flings Fans Fling Flung Last Week

Enthusiastic reports from the ever-popular Flings Munch poured in, alleging that crispy, cheddar-y, cheesey Flings are the perfect things with snacks, meals or by themselves!



New Twist Revealed at Latest Korkers Munch



Korkers krunchers from all over agreed that the only way to unwind was to get all twisted up in a krunchy box of Korkers Corn Snacks. Fans vow Korkers also ideal for twisting one's way through dozens of different dips.



Korker Korker Principle



The hearty meal comes to a perfect ending with "Philly" Turnover Pies. Serve tender pot roast with vegetables, green salad, a good cup of coffee and this new dessert pastry.

It's made with Pillsbury's real fruit Turnover Pies and cream cheese. In apple, cherry, peach, or blueberry, they're a natural.



"Philly" Turnover Pies

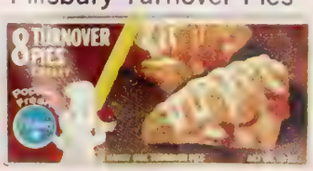
8-oz. pkg. Philadelphia Brand Cream Cheese, softened
¼ c. sugar
1 pkg. (14 oz.) Pillsbury Refrigerated Cherry, Peach, Blueberry or Apple Turnover Pies

Preheat oven to 400°. Combine cream cheese and sugar 'til smooth. Place squares of turnover dough on ungreased cookie sheet. Spread about 2 tablespoons cream cheese mixture in center of each square. Top with filling. Bring 2 opposite corners of dough to center. Bake at 400° 9 to 13 min. 'til golden brown. Drizzle with icing. Refrigerate any leftovers.

STORE COUPON 4456

Save 5¢

on one package of Pillsbury Turnover Pies



In the dairy case

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SMALL ELECTRICAL APPLIANCES

Get more from a griddle

By Janice L. Heckrot
Appliances, Housewares, Management Edi



Buying information, page 124

Photograph: Hol

There's more to a griddle than pancakes and waffles. Wha ever type of griddle you have, why not bring it out of hiding ar teach it some new culinary tricks?

GRIDDLES

Don't limit the use of the griddle to family meals—it's al invaluable when company comes. Use it for grilling, frying, pan broiling. It holds more than a skillet does—in fact, there enough space to make breakfast in one pan.

Your griddle can keep dishes of food warm. Simply set t temperature on low and place the dish on the griddle; cover t dish with a foil tent, if you wish.

Try your griddle for eggs (fried, scrambled, or made into omelet) and for meats that are normally fried in a pan such pork chops or minute steaks. A griddle is also great for ho d'oeuvres that need to be browned, heated through, or ke warm. Grilling does admirable things for any number of fooc tomatoes, onions, apple rings, pineapple rings, pear halve mushrooms, eggplant. And don't overlook a griddle's way wi pancakes, fried potatoes, sandwiches such as toasted chees French toast, and French fries.

Griddles come in a variety of sizes and with many differe features such as a removable control, heat-resistant legs, grease container, a cup, a drawer, an indicator light, a tempe ature guide on the handle, and a vented cover. When buying griddle, be sure to read the warranty and understand what covers. The griddle should also have Underwriters' Laborato approval. And make sure a service center is available in ca the appliance needs repair. Store the griddle where it is ea to get to. That way, you'll be more inclined to use it frequentl

Care of the griddle

If you haven't used your griddle in a long time, be sure read the use and care booklet that came with it.

If the griddle is immersible, wash it as you would any oth pot or pan. Use soap and hot water; remove stubborn stai with a soap-filled steel wool scouring pad; rinse well in hot wat and dry thoroughly. If the griddle has a nonstick finish, treat more gently. Before using the nonstick finish for the first tim brush with melted shortening or cooking oil. The nonstick fi ish may have to be seasoned periodically with oil.

ne signal to do this is when food begins to stick on the cooking rface. When cleaning, do not use scouring pads or abrasive aners.

Don't forget to give the underside of the griddle a good clean- to remove stains that tend to build up. Use a soap-filled steel ool pad or cleanser.

sing the griddle

To avoid scratching a nonstick surface, don't cut food on it stack other pans on the surface. An electric griddle is a high- ttage appliance, so do not use another heat-producing ap- iance on the same electric outlet at the same time. Also avoid ing an extension cord. The griddle cord should never be al- ved to dangle over the tabletop or counter. For your own fety, never move or carry the griddle when it is hot or pour e grease from a very hot griddle.

The prong in the heat control plug is very hot right after the iddle is turned off. Disconnect the wall plug first and leave e heat control plug connected to the griddle until it cools. If e plug must be removed so the griddle can be used at the ble, avoid touching the prong. Keep the prong away from a ild's reach. Also do not place it on easily meltable plastic ms. Wait till the griddle has cooled, and then remove the ong.

Before storing the griddle, tuck the electric control and cord o a corrugated tube. Dropping the control could upset its curacy.

AFFLE BAKERS AND SANDWICH GRILLS

A waffle baker is essential for great waffles, but keep it in nd for other cooking jobs, too.

Some waffle bakers convert to a griddle. You can use the iddle in the open position for regular grilling such as eggs bacon. Or you can place a sandwich between the waffle baker d toast both sides simultaneously. It saves time and eliminates ning.

Most waffle bakers have an expansion hinge that allows ffles to rise. The hinge also lets you grill sandwiches of ferent thicknesses between the two plates.

The depth and spacing of the waffle grids affects the waffle spness. If the grid projections are closely spaced and high, e waffles will be crisper than if the projections are low and rther apart. If you fancy special-effect waffles, check the affle bakers with grids in attractive designs.

se and care of a waffle baker

Never immerse the appliance in water.

Wash grids after each use—if one side has been used and is ing reversed, be sure to wash it before turning it over.

Condition or season the waffle baker as you do a griddle. Usu- y it isn't necessary to apply cooking oil each time you make affles unless they stick.

If you're using the waffle baker for the first time or if it hasn't en used in a long time, preheat it about ten minutes; bake the st waffle, then adjust the heat, and discard the waffle. The affle will have absorbed any excess oil from the seasoning.

Be careful not to use too much waffle batter. There is usually groove in the grid to hold any excess but it doesn't allow for ich runover.

To avoid sticking, do not raise the lid of the waffle baker till e waffles are done.

Don't keep the griddle open very long between making waffles. you do, it will have to be preheated again.

After cooking is completed, disconnect the baker and wipe th a dry cloth or paper towel while it's still warm.

If you have a waffle baker that does not have removable ids, brush while it's still warm with a soft, clean pastry brush cloth after each use to prevent darkening. However, discolor- on doesn't affect the baker's efficiency.

Allow the appliance to cool with the cover open. Wipe outside th damp cloth and mild detergent, then dry and polish.



Menu:
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eggs and bacon, orange juice, coffee.

The big weekend breakfast.

If it's worth waiting the week for, it's worth adding the Danish. Pillsbury Orange Danish topped with creamy orange icing. It's the Danish that just seems to taste better because you bake it up fresh and hot, in your own oven. Pillsbury Orange Danish, baked as fresh as the fresh food you serve it with.



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Nutrition and the Sandwich

There's more than good flavor in the slices from Kraft.

In a time when people are more and more concerned with nutrition, it's a pleasure to see all the ways in which nourishment can be added to the sandwich. Kraft slices come in a variety of flavors, in package sizes for every size family. There are Singles cheese food slices, individually-wrapped to stay fresh longer. And there are three delicious new flavors to try—Onion-Chive, Sharp and Jalapeño. Let the sandwich work harder for you. Whether it's a simple sandwich or something more complex, each Kraft slice adds more protein wholesomeness to your favorite sandwich. Keep several flavors on hand.

KRAFT

D... Kraft Foods Corporation






SINGLES EACH SLICE WRAPPED
KRAFT
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PASTEURIZED PROCESS
CHEESE FOOD
KRAFT
BRICK
SLICES
8 SLICES · NET WT. 8 OZS.
KRAFT
AMERICAN
PASTEURIZED PROCESS AMERICAN CHEESE
8 SLICES
8 SLICES (¾ OZ. EA.) NET WT. 6 OZS.
Two 12-oz. Pkgs.!
American
PASTEURIZED PROCESS
AMERICAN CHEESE
SINGLES EACH SLICE WRAPPED
KRAFT
16 AMERICAN SLICES
PASTEURIZED PROCESS
CHEESE FOOD
KRAFT
SWISS
SLICES
8 SLICES · NET WT. 8 OZS.

Beat the dry-skin blues

Take heart if you or someone in your family has a problem with dry skin. You're in good company. Nearly all of us suffer from dry skin at some time—whether it's mild dishpan hands, a case of winter itch so common in overheated homes, or the chronic dry skin that often plagues the aged.

But you don't have to put up with it. You can beat the problem, or at least hold it at bay, by learning more about your skin—what it is, how it works, and what makes it dry.

Skin is your body's largest organ. It weighs more than twice what your brain or liver does and, if you're an average adult, it covers about 21 square feet of you. Its outer layer or *epidermis*—the tough part visible above the fluid in a blister—has five layers, from the horny top layer to the basal one where skin pigment is produced.

Beneath this epidermis, in the unseen *dermis* and *sub-dermis*, specially adapted nerves, muscles, arteries, and veins carry on your skin's most vital functions. Tiny blood vessels contract to keep you warm or perspiration cools you. Nerve endings relay sensations of heat, cold, and pressure to your brain, keeping you in touch with your environment. Pores take in small amounts of oxygen and give off carbon dioxide and vapor like miniature lungs. And millions of tiny glands bathe your skin with their secretions, forming an "acid mantle" that wards off harmful organisms.

Meantime, your skin lubricates itself. Each square inch of normal skin has about 650 sebaceous glands in its middle strata, many of them attached to hair follicles. Each gland manufactures and secretes its share of the oil *sebum* your body produces daily—approximately one-tenth of an ounce in all. This steady flow of sebum combines on the surface with perspiration secreted by your sweat glands—about 100 of them in the same square inch of skin—forming an emulsion that keeps your skin's outer layer soft and pliable. At least it's supposed to.

Your skin can become dry when something goes wrong with this natural lubrication process. Maybe the problem is internal—you're older now, and hormones are scanty. Your sweat and sebaceous glands lack stimulation and thus produce little sebum and perspiration to keep your skin moist. Or maybe your glands never have done a good job. You may have inherited a faulty metabolism.

More often the problem is external. Harsh alkali detergents or too much sun, wind, or water can strip away your skin's natural oils, leaving it dry and irritated. Parched, overheated air is another culprit, largely responsible for common "winter itch," as well as peeling, sore lips, and splitting fingernails.

You can solve your dry skin problem or do away with most of its more annoying manifestations. If you think the cause might be internal, a good dermatologist is your best source of treatment and advice. Otherwise, there's much you can do on your own hook to improve your lot.

Preserve your skin's natural moisture. If just your hands or face are dry, avoid contact with strong alkalis like dishwashing detergent or potent bath soap that strips away natural oils. Protect your hands with rubber gloves for all wet jobs, especially ones involving hot water and strong solutions. Keep soap off your face or use a mild one—sparingly.

If your skin is dry all over, keep bathing to an aesthetic minimum. Confine your use of soap to hands and feet, elbows, armpits, and groin. And even then, choose a superfatted or mild castile soap with mild organic acids added to overcome the alkali, giving it a slightly acid balance more compatible with your skin's acid mantle.

Lubricate, lubricate, lubricate! Compensate for natural

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AND WHAT CAN'T YOU MAKE OF IT!

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oils lost in bathing, exposure to harsh weather and chemicals, and overheated air by "feeding" your skin with extra oils and creams. Substitute unscented cold cream or cleansing cream for soap in your facial ablutions. (The cleansing *lotions* are mostly balanced for oily skin, so steer clear of them.) If you want to rinse the cream off with water, make sure you choose a facial washing cream with a wetting agent included to make it water soluble. The packages are pretty confusing, but yours should say "cream" somewhere and "wash or rinse off." Avoid anything purported to eradicate acne—it might eradicate what's left of your poor dry face too.

Bath oils are also a great boon. Most have a vegetable or mineral oil base with emulsifiers added to disperse them in your bath water. They'll do a fine job of giving your skin a smooth, supple feel while relieving any scaling and itching you may have. But the relief is temporary. You'll have to use them quite often, depending on the cause and severity of your dry skin, of course.

Hand, body and face creams help a lot. The market is glutted with perfumed concoctions, some especially for areas as tiny as your eyelids, made from the oils of exotic animals. But you don't have to be this fancy unless you want to. One good cream or lotion will serve all of your anatomy with equal success and much less expense. Lanolin, if you're not allergic to it, is a good ingredient to look for, but expect to pay more for it. The old glycerin, rose water, and tragacanth mixture is non-greasy and gets quick results too, as do some newer "organic" compounds made from the *aloe vera* plant.

Keep the air around you moist. If you live in a cold area where homes are shut up tightly with furnace running full tilt for six months or so every winter, it's essential to keep an eye on your home's humidity. Get a simple hydrometer to measure it. When it's 70 degrees inside and 20 degrees or higher outside, humidity in your house should be about 35 percent. And it should go down gradually to 20 percent as outside temperatures drop to ten below zero.

There are several ways to raise the humidity if it is too low. Check your furnace for an existing humidifying device. If there is one but it's not working, get it going and make its servicing a regular part of your home-maintenance schedule. If there is none or the one you have is inadequate, you have several alternatives, depending on your means, needs, and patience.

A power humidifier attached to a heating duct of your forced-air furnace is an expensive but effective solution. Costs run from $150 to $300 installed, but the humidifier maintains a steady, adequate flow of moisture with no filling or readjusting and little service. The only snag is mineral deposit buildup in hard-water areas—a problem you'll find in most other types of humidifiers as well.

Portable humidifiers work fine in homes of less than palace proportions and many of them do a very commendable job. About $80 to $120 should get you one with a humidistat, a fan or heater to boost the rate of evaporation, and a big capacity—seven to ten gallons, But you'll have to fill the humidifier every day or so—a job you could learn to detest.

Atomizer-type portable units, often called vaporizers, can be used too. They're usually small in size and output and most do their best job on a small area. But they're also inexpensive, about $15 for a smallish one.

If none of these methods appeal to you, and you happen to have some radiators around, try the old "pans of water" trick. The savings are impressive and humidity level does climb some. The main thing is to be steadfast in pursuing whatever method you choose while cultivating other skin-saving habits as well—avoiding harsh weather and chemicals and using bath oils and skin creams. Dry skin should then plague you no more. ■

ou make of it.

Sit yourself down and think of all the good things you could make.



For more ideas
send for Betty Crocker's Bisquick Cookbook.
Mail $1.50 to Box 949, Minneapolis, Minnesota 55460.

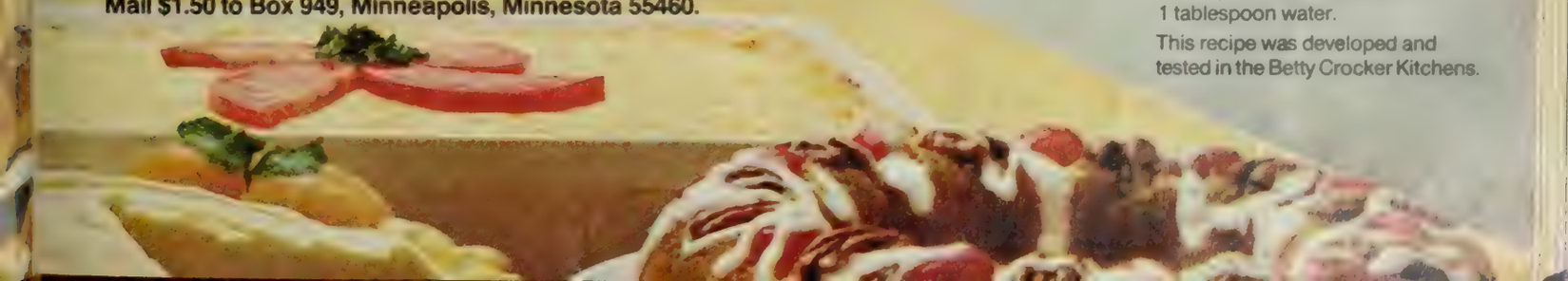
CHERRY-PECAN RING

⅓ cup butter or margarine
⅓ cup brown sugar (packed)
Drained maraschino cherries
Pecan halves
2 cups Bisquick baking mix
2 tablespoons granulated sugar
1 egg
⅔ cup water or milk
Confectioners' Sugar Icing

Heat oven to 400°. Melt butter in oven in 8-cup ring mold. Sprinkle evenly with brown sugar. Arrange cherries and pecan halves on sugar mixture. Mix baking mix, granulated sugar, egg and water; beat vigorously ½ minute. Spoon batter evenly over cherries and pecans. Bake *25 to 30 minutes*. Invert onto heatproof plate. Leave pan over coffee cake a few minutes. While warm, spread with Confectioners' Sugar Icing. *9 servings.*

CONFECTIONERS' SUGAR ICING: Blend 1 cup confectioners' sugar, ½ teaspoon vanilla and about 1 tablespoon water.

This recipe was developed and tested in the Betty Crocker Kitchens.



FALL VEGETABLE VARIETY

Harvest time brings a bounty of full-flavored fresh vegetables at tempting in-season prices. Be sure your fall menus include a variety of these special vegetables that ripen at summer's end. They're a nutritionist's delight because they're bursting with vitamins and potential good health.

Winter squash comes in many shapes and sizes with names like hubbard (upper left), acorn (center), and butternut



Photographs: Dieter, Scott

(upper right). Like corn and tomatoes, squash is a native of the Western hemisphere and was well known to the American Indians. It is still prized for its mild, somewhat sweet flavor. Like most deep-yellow or orange vegetables, squash is an excellent source of vitamin A. (Vitamin A helps our eyes adjust to dim light, promotes growth, and helps to keep skin smooth.)

Look for squash that are heavy for their size and with fairly hard rinds. Squash keep well for many months and don't need to be refrigerated until cut.

Don't let the great variety of winter squash confuse you—flavor and preparation are similar for all. Cut into serving-size pieces, then scrape out seeds along with any stringy interior. Small, thin-skinned kinds such as butternut can be peeled and boiled. Larger squash or those with hard rinds are easier to handle if baked in the shell.

The bigger squash often have the best flavor but simply defy being cut open. Instead of reaching for hammer and chisel, try this trick. Place the entire squash on foil in a 400° oven (you may need to remove one or both oven racks) for 15 to 30 minutes—just till a sharp knife will pierce the rind. Remove squash to large tray; cut open to remove seeds and prepare as desired.

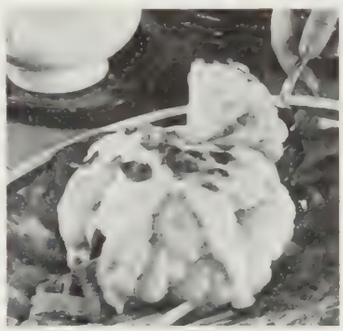
For mashed squash, remove rind at this stage and continue cooking in oven or in a saucepan on top of the range. Freeze extra cooked squash in meal-size plastic cartons with tight-fitting lids.

To bake squash, sprinkle pieces with salt and pepper and dot with butter or margarine. If your family prefers sweet vegetables, add some brown sugar or honey with the butter. Cinnamon, ginger, or nutmeg also complement the mild, mellow flavor of squash. Bake in a 350° oven for 25 to 60 minutes, depending upon variety. Squash is done when it's easily pierced with fork.

Cauliflower is often called "queen of the cabbage family" because of its regal head and white buds. Like citrus fruits, cauliflower is rich in vitamin C, the vitamin that helps heal wounds, resist infection, and strengthen blood vessels.

When buying cauliflower, choose a white or creamy-white, solidly formed head with bright green leaves—size doesn't matter. If small flowers in head have started to grow, the vegetable will be inferior. Wrap cauliflower in foil or plastic wrap and store in refrigerator.

To cook, remove leaves and woody stem. Leave whole or separate into buds. Cook, covered, in small amount of boiling salted water 20 to 25 minutes for whole, 10 to 15 minutes for buds. Avoid overcooking because vegetable will develop strong flavor and become mushy.



Cheese sauce is the perfect complement for this vegetable. Or simply sprinkle with grated parmesan or shredded cheddar; the heat from the vegetable will melt the cheese.

Raw cauliflower makes an excellent addition to a tossed salad. Raw buds are good dippers for a chip-dip tray and they're tasty as-is for a super-low-calorie snack.

If you have extra freezer space, why not buy a large quantity of fresh cauliflower when it's least expensive? Here's how to prevent your frozen cauliflower from becoming waterlogged: Wash heads and break into buds. Sort according to size and blanch different sizes separately—five minutes for tiny buds, eight for the largest ones. Remove immediately from boiling water and chill in ice water. Drain well before packaging.

Brussels sprouts are elite little cabbages named after Brussels, Belgium, where they were first grown. Good sprouts are firm and compact with bright green color. Avoid those that are puffy or soft, with wilted or yellowing leaves. Brussels sprouts are highly perishable so store in crisper drawer of refrigerator and use within a day or two.

To prepare, cut off wilted leaves, wash, and leave whole. Be sure ends aren't cut too short or outer leaves will fall



Buying information, page 124

off during cooking. Cook, covered, in small amount of boiling salted water for ten to 15 minutes—just till tender.

Brussels sprouts are very rich in vitamins C and B_1. However, these vitamins dissolve in water so it's important not to presoak sprouts and to cook the vegetable in very little water.

Serve cooked sprouts with butter and herbs. For a special touch, add sliced water chestnuts or snipped dillweed. Cooked Brussels sprouts make a tasty, unique contribution to the hors d'oeuvres table when marinated in Italian dressing along with sliced green onions.

Broccoli is the sophisticated member of the cabbage family. It's prized for its beautiful bright-green color, and it's an excellent source of vitamins A, B, and C.

Choose fresh broccoli with plenty of green color in the heads as well as the leaves and stems. Size of heads varies but has no relation to eating quality. Stalks should be tender and firm with compact dark green or purplish green buds in the head. Old, tough broccoli can be detected by the quantities of yellow or purple flowers inside the green buds.

To cook, remove outer leaves and tough part of stalks. Separate into stalks. Split rest of stalk almost to buds. Or, cut broccoli into one-inch pieces. Stand stalks, head up, in small amount of boiling salted water. Cover and cook 15 to 20 minutes, just till tender. Broccoli should be cooked just before serving because prolonged cooking or reheating destroys its bright-green color.

Serve broccoli with melted butter, mayonnaise, or hollandaise sauce. Leftover cooked broccoli makes an excellent salad, either marinated in salad dressing and served on lettuce or tossed in a green salad.

For creamy and delicious hot broccoli soup, start with a basic thin white sauce. Add pureed, cooked broccoli and a spice or herb—ground nutmeg, or crushed thyme, or oregano are especially good.

Eggplant is native to tropical climates but is widely grown in the United States and Europe. It is deep purple or white depending upon variety. The purple vegetable is common in the U.S., while white eggplants are prevalent in Europe.

Purple eggplant should have a clear, dark glossy color covering the entire surface. Choose eggplant that is pear-shaped and from three to six inches in diameter. Store in refrigerator up to two weeks.

The most popular cooking method for eggplant is frying. Slice ¼- to ½-inch thick; peel away purple skin. Dip slices into beaten egg, then into crumbs (saltines, dry bread crumbs, or cornflakes). Fry slices in hot butter or oil till well browned on both sides. For tasty hot hors d'oeuvres, cut eggplant into cubes, dip in batter, and fry in deep hot fat till golden.

You may also peel the eggplant or leave the skin on, and boil in water. However, this method of cooking removes the flavor most people enjoy.

Another time, serve eggplant with an Italian flair—topped with tomatoes, tomato paste, oregano, or Italian cheese. Eggplant makes a hearty and delicious main dish when sliced and topped with a mixture of browned ground beef and onions, tomato sauce, chopped cooked eggplant, and seasonings. Add a sprinkle of shredded parmesan or sliced mozzarella cheese during the last minute or two in the oven.

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Which kitchen scales for you?



Buying information, page 124

Household scales can be worth their weight in gold for weighing meat, fresh produce, and lightweight packages.

You can choose from a variety of shapes and sizes. If you have the space, you might brighten your kitchen with hanging scales (left). This model, which measures in two-ounce increments, will hold up to 60 pounds, two ounces. It's useful for weighing large quantities when you're canning or freezing food. However, you can also use it to weigh just one apple or orange.

Typical household scales (top center) are ideal for weighing meat. This model has a six-inch platform and the capacity to weigh 25 pounds measured in ounces. For an item that must be weighed in a container, such as dry beans, the container must be placed on the scale and the scale adjusted to the zero mark before you add the beans.

The small scales (upper center) are handy if you're counting calories and want to weigh individual portions of food before or after cooking. This model takes up little counter space and can weigh from one-half ounce to eighteen ounces; grams are also calibrated—from ten to 500.

The household scales (far right) will weigh from one ounce to ten pounds of food. This model comes with its own plastic tray, with markings for liquid measurement up to 3½ cups.

Postage scales can be useful in the kitchen planning center. This model (lower center) will weigh from one-half ounce to two pounds. The chart in the front shows the weight and the amount of postage needed for first class, air mail, and third class in the various parcel post zones. When buying postage scales, consider the possibility of postage rate changes and be sure the scales you buy are up to date.

Scales should be easy to read. Make sure the numbers stand out against the background and the graduations are distinctive. On good scales, the numbers won't come off if the surface is accidentally scratched. You should be able to clean the scale by just wiping it with soap and water. Scales are available in a variety of colors and finishes to blend with your kitchen.



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Betty Crocker Fudge Brownie Supreme. The really moist, really fudgy kind.

Betty Crocker Traditional Fudge Brownie. The rich, chewy, old-fashioned kind.

Settlement costs

Continued from page 33

Yet, the home buyer usually is instructed simply to "sign here" and write a check.

4. *Fixed fees should be abolished.* Charges made for settlement services often bear scant resemblance to the actual cost of providing the services. Instead, fees are frequently based on the property value, the size of the mortgage, or on an arbitrarily set schedule of minimum fees.

Indeed, *most* settlement costs fit the description. Rarely, for example, is time or effort taken into account in arriving at charges for title search. Real estate brokerage commissions—whether by custom, collusion, or coincidence—tend to be remarkably identical as a percentage of the selling price. Title insurance rates seldom reflect actual or potential risks. Attorneys' fees are generally based on prescribed formulas or minimum rate schedules.

Attorneys sometimes will insist that charging lower than recommended minimum fees could result in disbarment. Bar associations, however, say this isn't necessarily so. Minimum fee schedules, they insist, are merely "guidelines."

Attorneys' minimum fee schedules are coming under federal attack. HUD is considering regulations to require persons performing settlement services to certify that charges are made only for services actually performed. And the Justice Department is investigating whether minimum fees violate antitrust laws.

Additionally, HUD is countering minimum fees by imposing *maximum* fees. Specifically, the agency is setting area by area and item by item ceilings on all settlement charges other than loan discount points. Local legal and real estate interests may challenge the ceilings in court.

5. *Property records need streamlining.* Most counties and cities during colonial times indexed property records according to a grantor-grantee system. Most still do.

Under this antiquated system, there is no centralized source of information pertaining to a particular parcel of land. Instead, a conscientious title searcher may need to study a dozen or more different and sometimes distant sources of information—ranging from Recorder of Deeds to the Sheriff's Office to Office of the County Clerk. An Ohio title search firm says it routinely examines up to 74 separate sources of possible information. In each case, the records are filed according to the names of persons who may have owned or had an interest in the land. This non-system of recording property makes title searches laborious and expensive.

The grantor-grantee system is so cumbersome that many title insurance companies in metropolitan areas maintain what are called "title plants." Drawing from assorted public records, all available information concerning a given tract of property is filed in one place—the title plant—and can be readily retrieved.

In large cities, however, a half dozen or more competing title plants may maintain virtually identical records. Home buyers and sellers ultimately pay the cost of this needless duplication—while also paying taxes to continue an outmoded system of public record-keeping.

At the very least, the principle method of indexing public land records should be converted from a grantor-grantee system to a tract system that centralizes all information concerning each separate property. (Hoping to motivate local governments, the federal government is planning a pilot project to demonstrate advantages of a tract system using computers.)

Perhaps the best method yet devised is the *Torrens system*, named for the Australian who developed it in 1858. In effect, the system registers real property in much the same simple way automobiles are presently registered. The owner receives a certificate of registration. This system is used in many nations of the world, but not in the United States. Although no panacea, it does virtually eliminate the need for repetitive title searches and insurance. As a result, some special interests have prevented the Torrens system from gaining any significant foothold in this country.

The need for some better method for recording real estate titles is urgent. With each passing year, the hodgepodge of property records becomes more of a hodgepodge. And concluding the settlement on a home becomes more expensive. ■

 Continued from page 53

• Sex is an *inseparable* part of love. But it is not love by itself, so I do not believe men "give love to get sex." It is not only impossible; it is insulting to most men's finer senses!

• A man, truly in love, gives of himself sexually and is satisfied sexually only if he feels this same satisfaction in his partner. A woman shares in this with a feeling of pleasure and affection. It is not necessarily a getting but a giving.

• It depends on the maturity of the couple involved. Sex alone does not make a successful marriage. Other factors such as patience, love, understanding, and the ability to laugh at mistakes and disappointments play important roles in a happy life together.

• The so-called "sexual revolution" probably will result in healthier attitudes toward sex—something long overdue in our culture.

Planning the family

• I think two children make an "ideal" number. However, since the world is becoming dangerously overpopulated, the ideal number would be one until the number of people on our planet becomes fewer.

• The first few children should not be "planned," but should be the result of the spontaneity of love within the marriage. If such spontaneity begins to result in a crowd, planning is called for.

On abortion

• Neither of us desires another child for economical reasons. Abortion sounds rather strong as an alternative for us. I feel we could gracefully accept a third child, but I wouldn't completely rule abortion out from there on. (I believe it could be a very important alternative for many.)

• I have mixed feelings on this one. Abortion is distasteful to me on principle, but I recognize seemingly justified instances.

Premarital sex?

• I can't speak for a male, but as a female, I don't believe that we can be "loose" and get away with it! I don't mean pregnancy. I mean loss of self-respect; loss of dignity; loss of something sweet and precious that belongs to the man we marry.

• In general most people do not know why they get married. It is still "the thing to do"—the badge one must wear before a sexual relationship is socially approved (and that is the flimsiest reason for getting married).

I'd like to see people become self-aware enough to get married for good reasons. And if their reasons for being married aren't solid enough, I'd just as soon see them live together (without children) until their reasons improve.

• The risks involved in premarital sex—disease, loss of reputation, untimely pregnancy—far outweigh what "good" may be achieved.

• Yes, it is okay if the boy and girl are engaged to be married and they feel they cannot wait. They are responsible to each other, and the decision must be made between the two of them. Ideally they will decide to wait, but if they don't it should not be okay for the boy and wrong for the girl; it must be okay for both of them.

What makes marriage work?

• It's my opinion that marriages fail because each partner doesn't give all to the other—we musn't look for the wrongs in our partner but be the best mate possible ourselves. Then we should be fit to live with—maybe even fun! (A little creativity helps here.)

• Our secrets of success include giving—sharing and communicating—and respecting each other.

• A firm stand must be taken in the home to unite the family and all else will fall into proper perspective.

• The woman is head of the family when it comes to giving some sense of softness to the man's masculine front—helping to carry in the wood, holding the flashlight on those mechanical breakdowns, taking the lightest end of heavy objects, cooking and keeping up with those necessary home duties, hanging onto his arm when he is in doubt and letting God's love embrace the two of them.

Divorce: why and when

• In my opinion, the most important reason marriage fails is that neither partner keeps the honest lines of communication open.

• Of the three divorces within my circle of acquaintance during the past three years—one was caused by infidelity, two were caused by women's lib. The selfishness caused by doing one's own thing ended the marriages.

• Divorce "simply by mutual consent" is preferable to the necessity of determining "fault"—which certainly can not help but cause more unhappiness for both parties involved, and especially for the children who do not wish to "take sides." These children are often the ones to suffer most, not only because of the parents' bitter recriminations, but also because they blame themselves for some past misdeed.

• Divorce often is discussed, but remarriage, new children, and being a stepparent rarely are mentioned. It's almost as if the story ends with the divorce, when it's really just beginning.

Religion: a loss of influence

• Organized religion has lost, but more and more young parents are finding God in themselves and their children. Something beautiful in the home is replacing the church. Religious leaders had better wake up.

• I think the trouble with religion in this country, as with so many other things, is that it is too organized. When anything becomes too big, it loses sight of the individual and centers on the rules of the organization.

Reaching—and holding—the children

• Most often, you can keep control of your children through mutual understanding and respect. Never be too busy for your children—and they won't disappoint you.

Continued

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American family *Continued*

• We are now a one-unit family and our children are missing the love and stable influences of close family ties—aunts, uncles, and grandparents. They do not learn the patience and the tolerance of age and other differences that family groups taught.

For youngsters, a tighter rein

• Out of six children, there was firm discipline—and only minute rebellion problems—with the four older ones. Two are college graduates and two have had some college; they are all married and have good family lives.

I followed the great idea that came out in later years (permissiveness) with the last two. There has been more rebellion, more "I'll do what I want to do," and "everybody else is doing it" with the last two.

We probably have been able to hold the rein a little closer than some parents, and we hope that it will pay off finally. We love all our children, and my only regret is that I changed my ideas of raising children in midstream and have reaped some of the rewards of permissiveness.

• Permissiveness is the greatest threat if it is due to insecurity, which so much of what I've seen is. The children are usually well aware of the situation and take full advantage. However, the children themselves seem to suffer from feelings of insecurity when this happens.

• Too many parents have abdicated their roles as such, and it is doubtful if ever again family life will be the same.

• The parent should try to find out what is on the child's mind, then explain carefully the results of any action the child wishes to take. After explaining the good and bad results, he should ask the child which he thinks is the more desirable course to take. Almost always, the child will pick the right one and will follow this course because he himself has chosen it.

I don't know if this would work for everyone, but the last day I saw him my son said to me, "Mother, I don't know how you did it but I can't do the things I see the other fellows do in the service. You did something in bringing me up that will not let me do things I know are wrong."

• No! Violence only breeds violence. How can you punish the "mind" by hurting the body? What do you teach when you hit a smaller person? Only that you are in power, not that yours is a position of wisdom or compassion!

No ringing vote for women's lib

• I have no sympathy for bra-burners. I do, however, feel equal work, equal pay, and equal opportunity are long overdue!

• . . . most women involved with this movement are dissatisfied with themselves and their inability to cope with their roles of housewives and mothers. I also believe that these women are a minority.

• I have the best job in the world—housewife! . . . Sell a few paintings, be home when my child and my husband come home.

• Today, there's just not enough emphasis on the satisfactions of homemaking, nor on the rewards of a job well done.

The working wife: More harm than help?

• I feel strongly that being a good mother, being a good housewife, being a good companion does not require a woman to get a job outside the home to get the fulfillment she needs. For instance, the wife can be most creative around the home—sewing, gardening, needlepoint, arts and crafts, special cooking, preparing for parties—and from this really can gain much fulfillment.

• I'm sure there must be some working mothers who can handle jobs and the elementary school kids properly—but I've yet to see one.

• The women I know who have put small children in day-care nurseries all seem to have a trait in common—when they are with the children they seem to be trying to make up to them for being away. They give them whatever they scream for, as if they are saying, "I'm not really mean for going off and leaving you every day; I really love you."

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In a small mixing bowl beat *2 eggs* and *⅔ c. milk*. Beat in *½ c. flour, 2 t. sugar* and *¼ t. salt*. For each crêpe, pour 2 T. batter into a hot 5 or 6-inch skillet lightly oiled with Planters Peanut Oil. Tilt quickly so that batter covers bottom of pan. Cook over medium heat until set and bottom is lightly browned. Set aside.

Press *2 cloves* into *1 peeled onion; mince another onion*. Combine *¼ c. Planters Oil, ¼ c. flour, ¾ t. salt* and *⅛ t. white pepper* in a saucepan; blend until smooth. Add whole and minced onion. Cook over medium heat, stirring constantly until thick and bubbly, about 2 minutes. Remove from heat.

Gradually blend in *1 c. cream* and *1 c. milk*. Bring to a boil, stirring constantly. Remove from heat; discard clove studded onion. Stir in *2 T. sherry;* set aside *1 c. sauce*. Blend small amount remaining sauce into *2 slightly beaten egg yolks;* return to saucepan, stirring vigorously. Bring to a boil, stirring constantly. Remove from heat; stir in *1¼ lb. salmon,* cooked, boned and flaked or *one 1-lb. can* drained, boned and flaked.

Spread equal amounts salmon mixture down center of crêpes. Fold sides toward center and overlap.

Arrange in large baking dish. Top with reserved sauce; sprinkle with *2 T. grated Parmesan cheese*.

Bake at 375° for 20 min., or till hot and bubbling. Garnish with parsley. Serves 4-6.

Planters Oil makes cooking...cuisine.



FAMILY FOOD IDEAS BY THE BOOK

Special Savings on Better Homes and Gardens Cook Books

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Family Food Ideas Cook Book Offer
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Please send me:

1. ___ Best Buffets
2. ___ Birthdays and Family Celebrations
3. ___ So-Good Meals
4. ___ Snacks and Refreshments
5. ___ Meals with a Foreign Flair
6. ___ Meals in Minutes
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8. ___ Barbecues and Picnics

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SAVE UP TO $5 ON FAMILY FOOD IDEAS

Family Food Ideas advertisers in this issue of Better Homes and Gardens have made possible a special offer of the Better Homes and Gardens Creative Cooking Library.

There are eight hard-cover recipe books from the editors of Better Homes and Gardens in this series. Each 60-page book has full-color pictures throughout with hundreds of recipes and ideas. The books regularly retail for $1.29 each. Choose any two, four or all eight books in this special offer—at savings up to $5.07 on the set of eight.

Proof of purchase of a Family Food Ideas advertised product must accompany the order for each book. Use a label, the brand name cut from a package, wrapper, or plastic lid, or copy the brand name from the product on a sheet of plain paper.

FAMILY FOOD IDEAS

To identify advertisers look for this symbol or the words "Family Food Ideas" on the advertisements below and on pages immediately following.

Use the convenient coupon above for ordering

Advertisement

Meals wit



adopt a foreign dis
a regular meal plan
to Pancakes, Sauer
Chicken Curry or S
Paella could become a
"at home" in your ho
spaghetti.

The smorgasbord
itself to entertaining.
come to smorgasbor
times . . . for app
meats, then desserts
plates are used each
flavors from the thre
of the meal won't
(Paper plates are
Snowy Cheese Mold
cially nice with a toma
as guests help themsel
the Swedish Meat B
Chilled Ham, Brown
and other treats at a
gasbord table.

You don't have to have blue eyes to prepare a smorgasbord. Your personal ancestory has little or nothing to do with preparing dishes from the Orient or from Mexico, France, Italy, Germany or Russia. Today's easy-to-follow recipes can give you a reputation as an international hostess.

Foreign foods add variety and interest to both family meals and parties. Go all the way with the entire menu for a foreign meal or just

Snowy Cheese Mold

1 12-ounce carton (1½ cup cream-style cottage chees
2 3-ounce packages cream ch softened
½ cup finely chopped celery
2 tablespoons finely choppe chives
¼ teaspoon salt
1 envelope (1 tablespoon) unflavored gelatin
¼ cup cold water
1 cup mayonnaise or salad d

An evening in



Set your table with all the gaiety of a Left Bank café. First course: French Onion Soup. Next, Chicken Marengo and Green Beans Provincial.

The essence of fine French cooking is captured for you in recipes made with Lipton® Onion Soup Mix. You get just the right amount of onion flavor blended with just the right amount of seasonings.

Dab on your favorite perfume (French, we hope), light the candles, and...bon appetit!

CHICKEN MARENGO
2 tablespoons butter or margarine
2½ to 3-pound chicken, cut into serving pieces
1 can (1 lb.) peeled tomatoes
1 can (4 oz.) sliced mushrooms
1 clove garlic, minced
1 envelope Lipton Onion Soup Mix

In large skillet, melt butter and brown chicken; remove from pan. Stir in tomatoes, mushrooms, garlic, and Lipton Onion Soup Mix; return chicken to pan.

Simmer covered, stirring occasionally, 45 minutes or until chicken is tender. Makes about 6 servings.



Foreign Flair

FAMILY FOOD IDEAS

...With electric or rotary beater, beat ...ether cottage cheese and cream ...ese till fluffy. Stir in celery, chives, ... salt. Soften gelatin in cold wa... dissolve over hot water. Stir into ...ese mixture. Stir in mayonnaise. ...ur into a 5-cup ring mold. Chill till ...n. Makes 6 servings.

...lo need to wait for guests or a ...ecial occasion to enjoy Chinese ...ed Rice. Enjoy it anytime . . . with ... without a complete Oriental ...nu.

...nese Fried Rice

...½ cup finely diced cooked ham, ... chicken or pork
... tablespoons salad oil
... 3-ounce can (⅔ cup) broiled ... sliced mushrooms, drained
... cups chilled cooked rice
... teaspoon finely chopped green ... onion
... tablespoons soy sauce
... well-beaten egg
...rown meat in hot oil; add mush...ms, rice, onion and soy sauce. ...ntinue to fry over low heat 10 min... s, stirring occasionally. Add the ...l-beaten egg and continue to stir... for 2-3 minutes or until egg is set. ...dd additional soy sauce if you pre... a darker color. Makes 4 to 6 serv... s.

...he exotic flavor of India comes in an easy main dish—Curry of Shrimp. The condiments served with it add to the "something special" appeal.

Curry of Shrimp

⅓ cup butter or margarine
½ cup chopped onion
¼ to ½ cup chopped green pepper
2 cloves garlic, minced
2 cups dairy sour cream
2 teaspoons curry powder
¾ teaspoon salt
½ teaspoon ginger
Dash chili powder
Dash pepper
3 cups cleaned cooked or canned shrimp, split lengthwise in half

Melt butter; add onion, green pepper, garlic. Cook till tender but not brown. Stir in sour cream, lemon juice, and seasonings; add shrimp. Cook over low heat, stirring constantly, just till hot through. (Sauce is traditionally thin.)

Serve over hot rice. Offer condiments—coconut, chopped peanuts, raisins, chutney. Makes 6 servings.

These recipes are all from the Better Homes and Gardens Creative Cooking Library book Meals with a Foreign Flair. The book includes 100 recipes from 18 countries for main dishes, desserts, breads and salads. Whether you are interested in adding one international dish to your culinary accomplishments or want to plan an entire foreign meal, you'll find this book invaluable. Complete menus for Scandinavian, French, Mexican, Spanish, Italian, Swiss, German, Russian and Chinese dinners are given. Ideas for serving and table settings are included with the recipes.

How to use chopsticks is even included in this helpful book. The easy-to-follow instructions tell you to hold the top chopstick like a pencil, a little above the middle, small end down. Grip loosely between tips of index and middle finger; anchor gently with the thumb—whole hand must be relaxed. Practice moving stick a few times to get the feel of it. Slip lower stick into position. Rest it lightly on V formed by thumb and index finger and on first joint of ring finger. Don't touch lower stick with middle finger. Lower stick never moves. Try it!

The Family Food Ideas advertisers in this issue also provide ideas for making meals new, different and exciting at your house. Look for the Family Food Ideas symbol on the ads below and on the following pages. In addition to giving you ideas for your next trip to the supermarket, these advertisers also make possible the special offer of the Better Homes and Gardens Creative Cooking Library books.

ADVERTISERS

Lipton Soup Mixes

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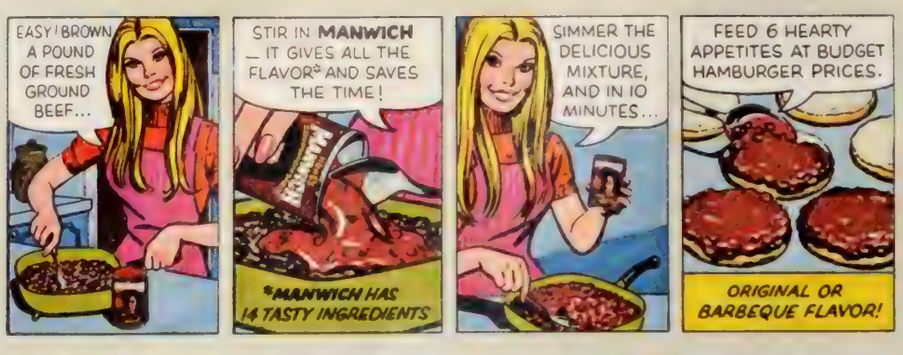
...FRENCH ONION SOUP
...1 envelope Lipton Onion Soup Mix
...¼ cup grated Swiss cheese
...4 slices French bread
...¼ cup Parmesan cheese
...1 tablespoon cooking oil
...Preheat oven to 325°.
Cook soup according to package directions, adding Swiss cheese. Pour into individual oven-proof bowls; top with bread; sprinkle with Parmesan and oil. Bake 20 minutes. Makes 4 servings.

GREEN BEANS PROVINCIAL
⅓ cup Lipton Onion Butter*
½ cup water
1 clove garlic, minced
1 teaspoon chopped parsley
½ bay leaf
¼ teaspoon thyme
2 packages (9 oz. ea.) frozen French-style green beans, thawed

In medium skillet, melt Lipton Onion Butter; add water, garlic, parsley, bay leaf, and thyme. Stir in green beans and simmer covered, stirring occasionally, 8 minutes or until beans are tender. Makes about 6 servings.

*Lipton Onion Butter: Thoroughly blend 1 envelope Lipton Onion Soup Mix with ½ pound butter or margarine. Makes 1¼ cups. Refrigerate unused portion. Use with baked potatoes and over vegetables.





"MANWICH-the secret ingredient in my best homemade Sloppy Joe."



Manwich-
Homemade taste without
homemade time.

Free Manwich Cookbook Offer. Send 15¢ to cover mailing and handling costs to:
50 Famous Manwich Recipes, Hunt-Wesson Foods, Inc., P.O. Box 1010, Fullerton, California 92634.

Moving?

Be sure to notify *Better Homes and Gardens* at least 5 weeks before you move. This will give us time to process your change of address without any delay in service.

When you write, include an address label from the cover of one of your recent copies. It will help us speed your request through.

Send the address label, along with your new address, to *Better Homes and Gardens*, 1716 Locust St., Des Moines, Iowa 50336. *Please be sure to include your zip code.*

American family *Continued*

● Some men lose their sense of values, and look upon success in the business world as the single most important factor in their lives. Money and vice-presidency are no comfort to parents of a homosexual child, an addict, or a child suffering emotionally from the absence of a father.

A good place to raise kids?

● Geographical location or environment can't influence the children or the parents as much as they influence each other. The family in America has a highly favorable situation—materially. But statistics and common sense both indicate that affluence is no guarantee of happiness.

● Every country has both good and bad points. I don't think that America is the best country, but I also think there is no best country. The raising of children depends on the parents and how they teach their offspring to take advantage of their surroundings.

● Being in a large city and living in an apartment can be unhealthy for the children. Then again, living on 150 acres of wooded land in a house without love is worse.

Thank you, *Better Homes*—this was an interesting and provocative questionnaire.

Handling teen-agers: no easy answers

● Parents should teach their children their standards of behavior before they're even school age and then enforce discipline consistently as long as they live at home up to 21. The children hopefully would learn self-discipline so that teen-age rules would be mutually agreeable to all.

● Relinquishing effective control over children should depend on the child: how the child can deal with problems; how responsible the child is. Then controls should be taken off gradually so that the child can adjust to his freedom.

● It isn't that teen-agers don't trust us, but mothers have a bad habit of telling a good friend and so the trust is broken—and personal problems are so gigantic from 13 through 16 years.

● I think job-assigned allowances are too much like putting a child to work. Work in the home should be looked at differently. Everyone benefits from a clean house and meals, and should do his share as a member of the family, not as a paid boarder.

An allowance should be thought of as training in how to handle money. The work should be training on how to live together and share the work for each other's benefit.

● I would think that a woman would feel fulfilled if the children leave home prepared simply to face the future.

Letting children be children

● Too many children's lives are over-organized. Too many are pushed into lessons and activities just to keep them busy. Children should have time to daydream, play with other youngsters, and learn to amuse themselves.

● Children need more time to be themselves. Parents are often too prone to take over and to force their children into activities in which they have no interest and no aptitude.

● Children are no longer allowed just to grow. They are pushed into preschool classes—and in Little League, winning is everything and playing for fun is nothing. ■

Today your husband left on a business trip.
You've finally got a chance to start
reading that new novel.
And somehow, tonight, you don't feel like
eating those leftovers.

It's a good day for Stouffer's.



Creamed Chipped Beef. One of 35 Stouffer's Frozen Prepared Foods.



Stouffer's

FAMILY FOOD IDEAS

HOW A PERSON WITH AN ULCER CAN BE A BIT OF A GOURMET

Here's one of 24 tasty dishes...ranging from Chicken Timbales to Rice Meringue...that have been specially developed to excite a fussy appetite without upsetting a fussy stomach.

You'll find them in the free Cream of Rice recipe book, along with doctor-approved dishes for low-fat, low-salt, egg free and other special diets.

They're all based on Cream of Rice, the cereal that's easier to digest than any other type of cereal...causes less stomach acid...provides rich vitamin-mineral nutrition. Try it.



CHEESE SOUFFLE (for bland diets)

1½ cups milk
½ teaspoon salt
¼ cup Cream of Rice
2 tablespoons butter or margarine
½ cup shredded mild cheddar cheese
3 eggs, separated
Grated Parmesan cheese, optional

Combine milk and salt; scald. Sprinkle in Cream of Rice and cook, stirring constantly, for 1 minute. Remove from heat, cover and let stand 4 minutes. Add butter and cheese; stir until melted. Beat egg whites until stiff but not dry. Beat egg yolks until lemon colored. Gradually blend warm rice mixture into egg yolks. Fold in about one-third of beaten egg whites, then remainder. Pour into unbuttered 1½-quart souffle or baking dish. Sprinkle top lightly with Parmesan. Bake in preheated 325° oven until puffed and golden brown, about 40 minutes. Serve immediately. 4 servings.

SEND FOR FREE RECIPE BOOK

Cream of RICE, Dept. BHG102
P.O. Box 88, Lancaster, Penna. 17604

Enclosed is box top. Send me free 32-page recipe book, "Cooking With Imagination for Special Diets."

Name_____

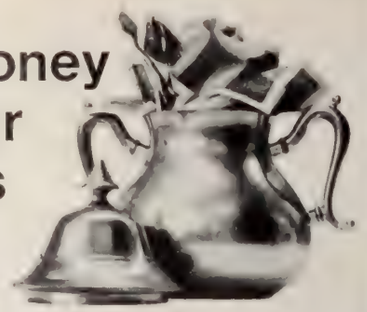
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CREAM OF RICE

Win money for your recipes



Lamb Main Dishes—Rhubarb Desserts

WE WANT YOUR IDEAS for main dishes featuring lamb addition, we're looking for recipes for rhubarb desserts that both family and guests back for more. Send us your fav recipe for either or both categories today and you could be of 18 prizewinners next May. Two Cooks-of-the-Month re $50 each. Four Runners-up receive $25 each and 12 H Roll Winners get $10 each. Selected winning recipes will be tured on the Prize Tested Recipe pages next May. All 18 ners receive a framed Better Homes and Gardens Certifica Endorsement and six copies of the endorsed recipe.

Hints to Help You

Your lamb specialty might be sparked by a mouth-watering glaze or barbecued to perfection. Perhaps you marinate cubed lamb for kabobs or a main dish combo. Don't forget about unique preparation and cooking methods. Pointers:

deviled lamb patties
lamb divan
curry-kissed lamb roast
sweet-sour chops
lemony leg of lamb

Rhubarb desserts can with fresh or frozen fruit. then on, use your imagin for ice cream, mousse, and Maybe you add other f wine, or a liqueur to a rhu compote. Do you use rhuba a diet recipe? Hints:

rhubarb-raspberry bombe
rhubarb lattice tarts
sherried rhubarb torte
gala pink parfait
spicy fruit roll-ups

THIS MONTH'S WINNERS

(See recipes on pages 95 and 96.)

Cooks-of-the-Month

Annie Shepherd, New York, N.Y.
Gary L. Richards, Anaheim, Calif.

Runners-up

Mrs. Alphonse Ciullo, Arlington, Mass.
Mrs. Frances Putney, Campbell, Calif.
Mrs. John Kozak, Erie, Pa.
Mrs. Harold Woelfle, Florence, S.C.

Honor Roll

Mrs. William L. Banks, Richmond, Va.
Mrs. David M. Barrie, Chester, N. J.
Mrs. Dave Growe, St. Paul, Minn.
Jeanne K. Lee, Terrace Park, Ohio
Mrs. Ivan T. Lowe, Canby, Ore.
Mrs. Michael L. McCrary, Casper, Wyo.
Mrs. Marjean O'Brien, Centerport, N.Y.
Mrs. James Rezek, Parma, Ohio
Mrs. J. T. Rosche, Columbus, Ohio
Barbara Schreier, Bethlehem, Pa.
Mrs. M. Segal, Santa Monica, Calif.
Helen D. Smith, Fort Bragg, Calif.

Contest Rules

1. Write or type your recipe clearly on one side of the paper and it "May Lamb Main Dishes" or "May Rhubarb Desserts." If you send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of pape
3. Give measurements in level cups, tablespoons, teaspoons.
4. Specify brand names of the nationally known food products yo as ingredients so we can test your recipe with the same bra
5. Include 50 to 100 words about the origin of the recipe you s
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, October 31. In where duplicate recipes are submitted, the one with the e postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7210 Test Kitchen, Better H and Gardens, Des Moines, Iowa 50336.


Roast beefier hash, from Mary Kitchen.
Mary Kitchen
Roast Beef Hash
For Hash Tacos, mix together 15-oz. can of Mary Kitchen Roast Beef Hash, 15-oz. can Hormel Chili without Beans and 1/2-cup diced green pepper. Heat and serve in taco shells with onion rings, diced tomato, shredded lettuce, grated cheddar cheese. 8-10 servings.
Hormel
FAMILY FOOD IDEAS

NEXT MONTH

GREAT LIVING IDEAS: FROM EUROPE TO YOU—When it comes to how people live, it really is a small world. What works for a family in Germany or France or Scandinavia or Italy will very probably work for your family, too. To demonstrate, we've collected a cargo of good, workable, adaptable ideas from European home and family living magazines. Don't miss this ocean-spanning portfolio of fresh and functional decorating ideas.



Buying guide

Most of the products editorially in Better and Gardens can be o in leading local stor more information, w manufacturers listed items are privately or custom made—th omitted from the listing.

Decorating clinic

Page 42 (right): Light fixtu Kovacs, Inc., 831 Madison A N.Y. 10021.

Page 43 (bottom): Rug—Bi ford, Inc., 140 Madison Ave., N 10021. Bedspread—Bates Fa 1431 Broadway, N.Y., N.Y. 10 on chest—George Kovacs, Inc., ison Ave., N.Y., N.Y. 10021 Levolor-Lorentzen, Inc., 720 M Hoboken, N.J. 07030.

Page 44 (top right): Carpet Cork Co., Lancaster, Pa. 176 door—Door Store, 210 E. 51st N.Y. 10022. Globe bulbs Lamps Inc., 17-10 Willow St., N.J. 07410.

Page 44 (left bottom): Lau Roebuck and Co., 925 S. Ho Chicago, Ill. 60607. (Right bott & chairs—Extensole Corp., Spr 19345. Lamp & wall mirror Penney Company, Inc., 1301 the Americas, N.Y., N.Y. 100 Bigelow-Sanford, Inc., 140 Ave., N.Y., N.Y. 10016.

Page 45 (bottom): Sofa—Sim pany, 2 Park Ave., N.Y., N Storage unit—Dux Incorpora City Line Rd., Newport News, Game table—Polyform Corp. 205 Lexington Ave., N.Y., N Chairs—Hank Loewenstein, Southwest Second Ave., Ft. L Fla. 33315. Carpet—Lees Carp Forge Industrial Park, Norris 19401.

Page 46 (bottom): Screen fab heim & Romann, 155 E. 56th N.Y. 10022. Sofa & bookcase— al Industries, Inc., 979 Third A N.Y. 10022. Upholstered chair don Furniture Ind., Inc., M N.C. 28655. Rug—Concepts In al, Div. of Concepts Industries Third Ave., N.Y., N.Y. 10 lamp—Robert Sonneman As 37-50 57th St., Woodside, N Fabric over fireplace "Mar Isabel Scott Fabrics Corp., 4 St., Long Island, N.Y. 11101.

Page 47 (bottom): Daybed— sociates, Inc., 745 Fifth Ave., N 10022. Rug—Bigelow-Sanford, Madison Ave., N.Y., N.Y. 10 & pillow fabric—Scuda, Inc., St., Newton, Mass. 02158.

Page 49: Parsons tables—Fou niture, Div. of Thomasville Ind., Box 339, Thomasville, N Chairs—Tyndale Inc., 230 F N.Y., N.Y. 10001. Light fixtur Long, Inc., 950 Linden Ave. Francisco, Calif. 94080. Sp Lightolier, 346 Claremont, Je N.J. 07305. Drapery fabric—H Fabrics, Inc., 979 Third Ave., N 10022. Cork ceiling—Expanko Inc., P.O. Box 384, West Ch 19380. Salad bowl—Herbert I 2221 S. Sepulveda Blvd., Lo Calif. 90064.

Page 50 (bottom): Chair—Her niture, Inc., 1690 English, H N.C. 27260. Floor lamp—Geor Inc., 831 Madison Ave., N 10021.

Page 51: Cocktail table—Lane Altavista, Va. 24517. Sofa fabr Calvin Fabrics, 724 Battery Francisco, Calif. 94111. Paint Gallery Inc., 519 Maple, W. D Ia. 50265.

How to do more with space you have

Page 69 (2): Carpeting—Roxbu Co., 919 3rd Ave., N.Y., N. Cone light—Lightolier, 346 Ave., Jersey City, N.J. 07305. tile—American Olean Tile Co., Pa. 19446. Sink and stool—K Kohler, Wis. 53044.

Page 70 (1): Floor tile—Kent Inc., 979 3rd Ave., N.Y., N.Y.

Page 71 (3): Downlights— 1251 Doolittle Dr., San Lean 94577. (4): Chairs—Knoll Int 745 5th Ave., N.Y., N.Y. 1002

Page 72 (1): Chairs—Knoll Int (2): Drafting chair—Natior

11th and Filbert, Philadelphia,

(2): Counter—Formica Corp., St., Cincinnati, Ohio 45202. (4): Sewing machine—The 30 Rockefeller Plaza, N.Y.,). Counter top—Formica Corp., St., Cincinnati, Ohio 45202.): Radio on chest—Sony Corp., 47-47 Van Dam St., Long , N.Y. 11101. (5): Drapery fabric—Greeff 0 Midland Ave., Port Chester, 3.

fittings for your

-79-80-81: All dinnerware—CE Corp., 2901 Los Feliz Angeles, Calif. 90039. op): Dinnerware "Daffodil"—nce Ironstone; "Sundance"—Earthenware. Goblet "Oc-ndependence Glass—INTER-p., 2901 Los Feliz Blvd., Los Calif. 90039. Flatware "Old pt"; "Pierced Baroque"—The Company, Providence, R.I. ttom right): Goblet—Mittel-us, Inc., 225 Fifth Ave., N.Y.,).

op): Goblets "Sphere Terra"—Glass Co., Moundsville, West Flatware "Hacienda"; "Fair-Gorham Co., Providence, R.I. nerware "Dotted Stripe" In-Porcelain; "Cimarron" In-Stoneware. (Bottom right): ccent White" The Gorham lence, R.I. 02907.

op): Dinnerware "Gray Wave"; l Bolts" —Independence Por-atware "Mandarin"—Towle ring Co., Newburyport, Mass. ncite-handle stainless—Georg 1 Madison Ave., N.Y., N.Y. blets "Madeira" Franciscan NTERPACE Corp. Tumblers Optic" West Virginia Glass o., Inc., Weston, West Va.

op): Dinnerware "Petalpoint" n Masterpiece China; "Sono-endence Stoneware. Goblet Blue"—Fostoria Glass Co., e, West Va. 26041. Flatware Scroll"; "Spanish Crown" l. Silversmiths, Oneida, N.Y. sons table Founders Furni-leasant Garden, N.C. 27313. ndale, Inc., 230 Fifth Ave., 10001. (Bottom right): Goblet The Gorham Co., Providence,

secrets from great

ttom right): Au gratin dish— Co., P.O. Box 745, E. Liver-13920.

ttom: Stove—Frigidaire Div., otors Corp., 300 Taylor St., io 45401. Cookware Norris P.O. Box 300, Flora, Missis-

home): Oven and cook top—ectric Co., Appliance Park, Kentucky 40225. Chopping est Sohn Creations, 50-20 Ire-lmhurst, L.I., N.Y. 11373. dler-Kay Quality Kitchen .O. Box 639, Wayne, Mich-

ottom right): China—Corelle e," Corning Glass Works, Y. 14830. Bottom left: Stan-evere Copper and Brass, Inc., . Co., Div., P.O. Box 111, ., Rome, N.Y. 13440.

ted recipes

t: Silver & wood tray—Plum-cheon, 145 E. 57th St., N.Y., . Right): Trivet—Dansk De-Radio Circle Rd., Mt. Kisco,

p left): Plate, cup, and saucer " Franciscan Earthenware— E Corp., 2901 Los Feliz Angeles, Calif. 90039. Bowl—rantz, Inc., 230 Fifth Ave., 10001. Bottom left: Casse-can Gourmet—INTERPACE Los Feliz Blvd., Los Angeles, . Plates, "Abstract" Fran-rmet, INTERPACE Corp., liz Blvd., Los Angeles, Calif. ng spoon "Paul Revere"—. Silversmiths, Oneida, N.Y. tom right): Spoons "Carillon" versmiths, Greenfield, Mass.

ant artichoke

op): Napkin rings and bread r—American Cut Crystal Broadway, Newleth, L.I., (Middle): Glasses "Pristine" e Gorham Co., Division Rochester, Pa. 15074. Gravy rie, Inc., 1033 Third Ave., . 10021. (Bottom): Dinner nelot"—Spode, Copeland & Inc., 206 Fifth Ave., N.Y., . Salt and peppers—Dudley , 2631 S.W. Dr., Los Angeles,

e from a griddle

left): Griddle—Regal Ware,



Inc., Kewaskum, Wis. 53040. (Middle): Waffle Baker—Toastmaster Div., McGraw Edison Co., 333 W. River Rd., Elgin, Ill. 60120. (Right): Waffle Baker Dominion Electric Corp., Subsidiary of Scovill Mfg. Co., 150 Elm St., Mansfield, Ohio 44902.

Fall vegetable variety

Page 108 (right): Saucepan "Flower Garden"—U.S. Stamping Co., A Div. of Lisk-Savory Corp., Fostoria Ave., Moundsville, W. Va. 26041.

Which kitchen scales for you?

Page 110 left to right: Scales: First two—American Family Scale Co., Inc., 1301 W. 35th St., Chicago, Ill. 60609. Third—Lustro-Ware Prods., Div. of Borden Chemical, Borden, Inc., 1625 W. Mound St., Columbus, Ohio 43223. Last two—Hanson Scale Co., 1777 Shermer Rd., Northbook, Ill. 60062.

Down with tiresome tables!

Page 144: All dinnerware, both top and bottom pictures—INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Top: Dinnerware "Zebra" "Flame"—Independence Porcelain. Flatware "Florentine Scroll", "1810" International Silver Co., Meriden, Conn. 06450. Goblet "Skandia" Imperial Glass Corp., Bellaire, Ohio 43906. (Bottom): Dinnerware "Antique Green" Franciscan Masterpiece China. "Floral" Franciscan Earthenware. Flatware "Spanish Tracery"; "Spanish Scroll" The Gorham Company, Providence, R.I. 02907. Casserole Franciscan Gourmet.

ONE SKILLET DOES A DINNER MAKE...

It's sweet...it's tart...it has the hearty meaty goodness of browned pork; it's the perfect dish to take the sting out of robust appetites. The secret of its goodness is Kitchen Bouquet's special blend of delicate herbs and spices that helps seal the succulent juices inside the chops while it helps them cook dark and crisp on the outside.

Kitchen Bouquet works wonders for steak and poultry, too, broiled indoors or out. And as many good cooks know, a teaspoon of Kitchen Bouquet helps make gravies rich-looking and savory. If you've never used it, try a bottle!





PORK CHOP SKILLET

4 pork chops, trimmed
2 tablespoons honey
1 teaspoon Kitchen Bouquet
4 medium-sized Louisiana yams
2 medium-sized tart apples
½ cup apple juice or cider
1½ teaspoons salt
⅛ teaspoon pepper
⅛ teaspoon cinnamon
⅛ teaspoon nutmeg

FAMILY FOOD IDEAS

Combine honey and Kitchen Bouquet in a large skillet; place over low heat. Turn chops to coat meat on all sides. Increase heat to medium; brown chops. Remove chops. Add a little apple juice to skillet, stirring to loosen bits. Add pared yams, cut into ¼-inch rounds, add pared and quartered apples cut into thick slices to skillet; top with chops. Pour remaining apple juice and seasoning over chops. Bring to a boil, cover and cook over low to medium heat until tender, about 45 minutes. Baste occasionally. If necessary, add more apple juice. 4 servings.

Kitchen Bouquet, Dept. BHG102
P.O. Box 88, Lancaster, Penna. 17604
Enclosed is my boxtop from Kitchen Bouquet. Please send me free 32-page recipe book.

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KITCHEN BOUQUET

HOUSEPLANT HOW-TO

Photographs: Stanley,





Ferns are easy, but . . .

They get too big and unwieldy. Specimen sizes are fine, but they don't always fit the space you have. The thing to do is divide your plant, or at least take off pieces of it. If you don't want additional plants, give them away.

Knock the plant out of the pot, slightly loosen the soil, and gently separate the clumps. Depending on their size, plant in four- or five-inch pots and be sure to incorporate plenty of peat into the mixture.

Ferns like water, but not too much. Just keep the soil damp —that's enough.

If you let the soil run too dry, frond tips will brown. If an outer frond browns entirely, that's natural. An outer frond is at the outside edge of any given clump. It's an old frond and naturally gives out after a certain length of time. Large plants consist of many clumps so you will find dying fronds in the middle of any sizable specimen. Simply clip them off and discard. Ferns require frequent cosmetic attention to keep them at their best.

When whole plants start to brown and wither, chances are the humidity is too low. This is a tough situation to cope with indoors in winter. You can douse foliage every few days at the sink or in the shower, if the messiness doesn't discourage you. If it does, turn the heat down to 70 degrees. The lower the heat, the higher the humidity, and the better your ferns will do. They'll reward you even more if you can manage 65 degrees at night.

For group humidity

Collect a number of plants in one place. A mass effect can be pleasing and the plants are easier to care for than if they are scattered throughout a room.

Fill a metal tray with c
nary pea gravel and set p
plants on the gravel. Pour w
into the tray so the water is
below the pots. They must
stand in water. Gravel su
will be dry but you'll have
problem seeing where the w
level is and maintaining it.
is not a cure-all for the hum
problem but it does pro
some moisture in the air ar
plants. Daily syringing is c
recommended and is just fi
the plants are located where
mist won't also get on the ca
walls, or furniture fabric.

Water when necessary

This involves almost a s
sense, which develops as
live with your plants. You o
ate on their schedule, not yo
for best results.

A general rule-of-thumb i
water when soil surface s
to dry out. Obviously, the
surface (let alone the mass
soil) of a ten-inch pot t
longer to dry than that o
four-inch pot. The larger
tainer requires less of y
time and attention than
smaller one. And you can't
by putting the smaller plant
big pot. This leads to overwa
ing, which results in death
the plant in no time at all.

The weight of a pot tells
when to water. Water a p
thoroughly and heft the pot
mediately. Heft it again in th
days and you'll feel how m
lighter it is. The water is go
going—maybe gone. Actua
this is a more reliable test t
scratching the soil surface.
surface may have just dried
but the soil mass around
roots is still plenty moist. If
keep adding water when it's
needed, the soil clogs and o
gen is cut off at the roots. W
out roots, the plant will die.
only way to save it is to take
tings from parts of the pl

nat haven't already started to go oft.

Often you read that the soil nould be kept damp for certain lants, such as ferns and some egonias. This is true, but only the soil is porous so water can an through easily. This is the eason for combining peat and and (or perlite) in mixture. Vater in bulk passes through eadily because sand is porous—ut peat retains the needed nount of moisture.

heck before cutting

ou'll be taking cuttings of ome plants to carry over winter ndoors. Check to be sure the arent plants are healthy and ean. If they have mealybugs or ed spider mites, forget cuttings. ou don't want to carry such uisances into the house; they're o hard to get rid of. Coleus nd impatiens are notorious for tracting mealybugs, so look ese over with particular care.

pests are in the young stage, ou may not be able to see them. 's best to keep cuttings isolated om healthy plants for a few eeks until you're sure the cut-ngs are clean.

If you don't want to bother ith geranium cuttings right ow, dig whole plants, with a ood ball of soil, and put them pots. Set pots in a window in cool spot—even an unheated ellar. The plants may not flow-but they'll grow, if you water em lightly once a week. We d just this, and took the cut-ngs when it was more con-enient. The original plants, plus fspring, went into the ground spring and proceeded to oom beautifully.



hrimp-plant—for viewing only

his may not be the trimmest, eatest plant you could add to our collection, but it's enter-ining and attracts attention.

Look closely, upper center, at the tonguelike protrusion. This is the true flower, white spotted purple and inconspicuous. The show is in the reddish colored bracts that surround the flowers. Growths can reach two inches in length. The color and curved structure account for the quite logical common name of shrimp-plant. There's a chartreuse version for those who prefer their plants on the quieter side.

Give the shrimp-plant the brightest light you can so as to maintain the bright bract coloring. With insufficient light, the red takes on a dusty brownish hue. The plant gets rangy, even in the best light, unless you prune it whenever it gets out of line. Since it flowers practically the year around you don't sacrifice much bloom when you prune. And you can always root the prunings—without removing "flower" heads.



Root-bound plants means trouble

A few plants (clivia, agapanthus) need to be root-bound in order to flower well. But the majority of plants react adversely when their roots crowd the container.

It takes time before a plant reacts enough for you to suspect that it may be root-bound. You suddenly become aware that it's not growing anymore, even though you've maintained the good growing conditions that have always benefited the plant. When plants stop growing, other than during a normal rest period, they're in trouble.

To test for root-bound condition, simply knock the plant out of its pot. If your plant looks like the one in our picture, with more roots than soil, replant in next larger pot.

If the root mass has not exceeded the soil mass, no harm done. Just set the plant back in its pot. Make this check every two or three months.

AN AMERICAN GUIDE TO BOEUF BOURGUIGNON

No need to stand for hours over a skillet to make this classic French specialty! With this clever U.S. version, you can do it in a casserole...and let your oven do the work.

Another nice American touch is the mushrooms... BinB Mushrooms. They're the choice brown variety... already broiled in butter...and packed in their own buttery broth. (Most mushrooms are just packed in throw-away brine.) Convenience note: choice of whole crowns, sliced or chopped!



Not a morsel of taste is lost in the translation!

OVEN BEEF BURGUNDY

2 lb. chuck or round beef
1 tablespoon Kitchen Bouquet
¼ cup Cream of Rice
4 carrots
2 cups thinly sliced onions
1 cup thinly sliced celery
1 clove garlic, minced
2 teaspoons salt
¼ teaspoon pepper
½ teaspoon marjoram, crushed
½ teaspoon thyme, crushed
1 cup Burgundy or dry red wine
1 can (6 oz.) or 2 cans (3 oz.) BinB Mushroom Crowns including broth

Trim excess fat from meat. Cut into 1½ inch cubes. Place in a 2½-quart casserole and toss gently with Kitchen Bouquet coating meat on all sides. Mix in Cream of Rice. Cut carrots in quarters lengthwise and in half crosswise. Add in carrots and remaining ingredients. Mix gently. Cover and bake in a pre-heated 325° oven until meat and vegetables are tender, about 2½ hours. Stir meat every 30 minutes. Serve with potatoes, rice, or noodles. 6 to 8 servings.

SEND FOR FREE RECIPE BOOKLET:

B in B Mushrooms, Dept. BHG 102
P.O. Box 88, Lancaster, Penna. 17604.

Enclosed is the label from a can of BinB Mushrooms. Please send me free 32-page booklet of mushroom recipes.

Name_____

Address_____

City_____ State_____ Zip_____

B IN B MUSHROOMS

FAMILY FOOD IDEAS

American family

Continued from page 53

riages you know?
Yes 21% **No 78%**

The working wife: More harm than help?

There are more married women—with families—in the working world than ever before. Do you think this has a detrimental effect on family life?
Yes 69% **No 30%**

Here, the younger the respondents are, the more likely they are to feel it's all right for a wife to work.

Do you think a job outside the home is necessary to give a woman the fulfillment she needs?
Yes 18% **No 81%**

Do you feel that among women you know that the traditional roles of wife and mother in homemaking activities can lead to a fulfilling life?
Yes 74% **No 25%**

When it came to specifics, these readers were less adamant: they split evenly on whether many women are overly concerned with household matters like cleaning and cooking; only a slight majority felt the husband should share in the cooking and cleaning up (though 64 percent of the men thought they should help out).

The decline of the husband

Do you think the dominant role of the husband in the American family is declining in importance?
Yes 79% **No 21%**

Would you consider a decline in the husband's dominance to be:
Good 28% **Bad 71%**

Would you approve or disapprove if the wife were the main breadwinner and the husband took responsibility for the house and children?
Approve 25%
Disapprove 74%

In this question, the answers varied significantly according to amount of education: 19 percent of those with a high school education or less approved, while 39 percent of the readers with graduate education approved.

The family in trouble

Do you feel that family life in America is in trouble?
Yes 71% **No 27%**

What do you feel is the single greatest threat to family life in America today?

Materialism	**37%**
Permissive parents	**29%**
Drugs	**18%**
Permissive attitude about sex	**14%**
Divorce	**12%**

This last question listed other threats—from war and crime to pollution—but only about four percent felt any one of them constituted the "greatest" threat to American family life.

However, these readers



Cheese can make yo

or kraut and salami with Swiss and Cheddar.

Baking sheet — Preheated 350° oven

4 slices dark rye bread, buttered
¾ cup sauerkraut, drained
4 slices Swiss cheese, cut in half
4 slices Cheddar cheese, cut in half
8 slices hard salami
Cubes of apple
Slices of green pepper

Place bread on baking sheet. Put 3 tablespoons sauerkraut on each slice bread. Place 1 slice Swiss on top of 1 slice Cheddar cheese. Fold one slice salami around cheeses. Secure with wooden picks. Place two salami pockets on each sandwich. Heat 5-6 minutes or until cheese is slightly melted. Garnish with apple and green pepper kakob. Makes 4 servings.



or corned beef with Brick or Muenster.

4 slices whole wheat bread, buttered
Prepared mustard
16 slices thinly sliced corned beef (about ½ lb.)
12 thin slices dill pickle
6 slices Brick or Muenster cheese
Chopped green onion

Spread buttered bread with mustard. Arrange 4 slices corned beef on each slice of bread; top with 3 slices of pickle. Cut cheese slices in half diagonally. Top each sandwich with 3 cheese triangles. Sprinkle on onion. Makes 4 sandwiches.



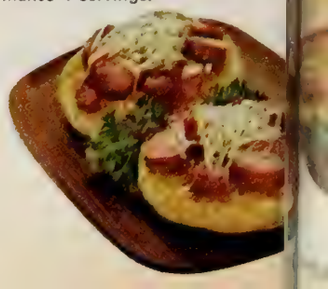
FAMILY FOOD IDEAS

or mini-pizz... with Mozzar...

Baking sheet — Preheat...

4 large English muffins, split and butter...
Parmesan cheese
1 cup shredded Cheddar cheese (4 oz.)
4 frankfurters
1 can (8 oz.) pizza sauce
½ cup shredded Mozzarella cheese

Place muffins on baking sheet; sp... Parmesan cheese. Toast under b... golden brown. Place 2 tablespoo... cheese on each muffin. Cut frankfu... wise into ¼-inch slices; arrange ... Top each with about 2 tablesp... sauce; sprinkle with 1 tablespoon ... cheese. Bake 10-15 minutes or u... through. Allow 2 mini-pizzas p... makes 4 servings.



weren't certain about other influences on family stability: they split almost evenly on whether moving hurts family life, and on whether a four-day work week would help (though the younger and more educated they were, the more likely they were to favor the four-day week).

Yet when it came to the family sitting down together at the table, 95 percent of the respondents said this was an important thing to do at least once a day.

Success and self-sacrifice

Do you believe that hard work and self-sacrifice lead to success?
Most times 42%
Sometimes 53% Seldom 5%

Here the more educated—and the younger—were considerably more pessimistic about the rewards that hard work brings. And somewhat unexpectedly, considering their educational level, 93 percent said in another question that no one had to graduate from college to be successful.



nero this weekend.

zzr cheesy
ranks with
merican.

edded American cheese
ili sauce
weet pickle relish
egano
oked and split
er buns, buttered

vl combine cheese, chili sauce, nd oregano. (Yield: approx. ¾ ankfurters in buns. Place about cheese mixture in each frank- 4 servings.



or ham kabobs with Swiss.

Fully cooked ham, cut in 1-inch cubes
Green pepper squares
Cocktail onions
Cherry tomatoes
4 frankfurter buns or Italian hard rolls, split, buttered and toasted
8 slices Swiss cheese, 5 x 1¼-inch
Ground cloves

Thread ham, green pepper, onions and tomatoes on 6-inch skewers. Broil several minutes on each side or until lightly browned. Cover each half bun with slice of cheese; broil just until cheese is melted. Sprinkle cloves on top half of buns. Remove kabobs from skewers onto buns. Makes 4 servings.



Italian hero sandwich
1 loaf French bread (about 22 inches long)
¼ cup dairy sour cream
2 tablespoons prepared mustard
⅛ teaspoon garlic powder
Lettuce leaves
8 slices Provolone cheese
9 slices bologna
Tomato slices
8 slices Colby cheese
12 slices hard salami
8 slices Swiss cheese
Red onion rings

Cut loaf in half horizontally. Combine sour cream, mustard and garlic powder; spread on cut surfaces of bread. Place lettuce on bottom half of bread. Layer on Provolone cheese, bologna, tomato slices, Colby cheese, salami, Swiss cheese and onion rings. Cover with top half of bread. Cut into four sandwiches.

Whether your family's hungry for a quick snack or a complete meal, these great cheese sandwiches fill the bill. Not only are they delicious, but they're easy to prepare, too. And they're made with good, nutritious natural cheese. So make yourself a hero this weekend, with cheese sandwiches above and beyond the call of duty.

merican dairy association

Add a smile with cheese.

A good place to raise kids?

In your opinion, is America a good place to raise children?
Yes 92% No 7%

Is it a better or worse place than it was 10 or 15 years ago?
Better 33% Worse 64%

Is there a better country than America for raising children?
Yes 13% No 74%

Of the 13 percent who said there was a better place than America to raise children, the biggest group—37 percent—picked Europe (especially Switzerland, Sweden, and the United Kingdom). The only other place that got many votes was Australia (19%).

Handling teen-agers: no easy answers

Do you agree or disagree that parents have been gradually losing—or giving up—authority over their teen-agers?
Agree 90% Disagree 10%

In your opinion, are teen-agers today more qualified or less qualified to make independent value judgments than was true ten years ago?

More qualified	**52%**
Less qualified	**15%**
No change	**32%**

In other answers, these parents gave today's teen-agers encouraging credit for good judgment: 40 percent said teen-agers should have a strong voice in setting family rules (though 83 percent said teen-agers shouldn't begin single dating before 15).

Letting children be children

Do you think parents often pressure their youngsters into joining organized groups like Girl Scouts or Little League?
Yes 79% No 20%

Is that type of pressure good or bad?
Good 23% Bad 74%

Do you think youngsters can be too active in organized group activities?
Yes 77% No 23%



Gerber® junior food...when your baby needs more to grow on.

About the time your baby gets his first tooth, he needs bigger portions, like Gerber Junior Foods.

They're perfect for older babies because many have more "grown-up" flavors and textures which help develop a taste for different foods.

Start with softer junior foods like the fruits. Then move on to firmer junior vegetables, meats and tasty combinations. Most of the baby's favorite strained foods are available in the junior texture. Later, add the increasing variety of "casserole" type junior foods which cater to "growing-up" tastes of older babies.

Gerber Beef, Chicken, Turkey, Ham and Veal High Meat Dinners all have 30% or more meat, by weight. This is at least three times the meat in our regular vegetable and meat combinations. That means more protein for your little one. And Gerber High Meat Dinners are so convenient—one jar—one serving.



Babies are our business...

Gerber Products Co., Fremont, Mich. 49412.

FAMILY FOOD IDEAS

Chefs' cooking secrets

Begins on page 82

Note: Chef Franz Ecker, employed at Henry's of Landerhaven when photographs were taken, is now with Cuyahoga Community College in Cleveland, Ohio, as a Chef Instructor.

BEEF TIPS A LA BOURGOGNE

3- to 3½-pound boneless beef rump roast
2 large onions, diced
1 3-ounce can sliced mushrooms, drained
¼ cup olive oil
1½ cups burgundy
2 cups beef broth
1 10½-ounce can tomato
12 juniper berries
2 bay leaves
Hot cooked noodles
Grated nutmeg

Cut rump roast into 1
thick slices. Cook ov
hickory chips and coals
10 minutes on each sid
slightly and cut into cu
large skillet or Dutch o
range), brown cubes,
and sliced mushrooms
oil. Add wine and heat
ing. Cook, uncovered,
dium heat for 15 minu
ring occasionally. Stir
broth, tomato puree,
berries, and bay leaves.
uncovered, for 1¼ hou
meat is tender. Season
little salt and pepper, if
remove bay leaves at
time. Serve with hot cool
dles that have been s
with freshly grated
Makes 8 to 10 serving

SPECIAL BARBECUE SA

1 cup dry red wine
1 6-ounce can tomato pa
¼ cup olive oil
1½ teaspoons dried oreg
crushed
1 teaspoon garlic powder
1 teaspoon salt
½ teaspoon pepper

Stir together all ing
Brush on steaks or bu
desired during cooking.
maining sauce and pa
meat. Makes 1¾ cups s

ROQUEFORT CREAM DR

⅓ cup (about 1 ounce) r
fort cheese, crumbled
1 tablespoon minced oni
½ clove garlic, minced
½ cup mayonnaise or sa
dressing
½ cup dairy sour cream
1 tablespoon lemon juice
1 tablespoon vinegar
Dash pepper

In small mixer bowl,
cheese, onion, and gar
on low speed 3 minutes.



Photo

maining ingredients t
mixture and mix 2
more or till smooth. M
cups dressing.

5 lusciously simple spread-ons that start with Real Mayonnaise.



And that's the other name for Best Foods.

It takes creamy-smooth Real Mayonnaise to make such versatile and delicious sandwich spreads. Make them into satisfying sandwiches or even dainty canapés. If it's fresh and delicate enough to blend deliciously with everything from meat to fish, it's Real Mayonnaise. And that means whole-egg Best Foods.



▲ BLENDER SPREAD
reamy Best Foods makes plain luncheon meat party-perfect

cup BEST FOODS Real Mayonnaise
cup canned sweetened peppers
pimiento stuffed olives
(12-ounce) can luncheon meat, cut in chunks

nd first 3 ingredients in blender on low ed. Add meat, blending on high speed ll until firm. Makes 3 cups.

HAM CARROT SPREAD
Whole-egg Best Foods won't make bread soggy

2 cups finely chopped cooked ham
1/2 cup shredded carrot
1/2 cup BEST FOODS Real Mayonnaise
2 tablespoons finely chopped green onion
1 teaspoon prepared mustard

Combine ingredients. Chill. Makes 2 cups.

▲ CREAMY FLOUNDER SPREAD
Delicate Best Foods won't overpower even the mildest flavors.

1 (16-ounce) package frozen flounder or halibut, cooked and flaked
1/2 cup chopped celery
1/4 teaspoon salt
1/2 cup BEST FOODS Real Mayonnaise
1/2 cup pickle relish

Combine ingredients. Chill. Makes 3 cups.



◀ CORNED BEEF 'N CABBAGE SPREAD
Subtly spiced Best Foods goes perfectly with hearty foods.

2 cups finely chopped corned beef (about 1/2 pound)
1/2 cup finely chopped cabbage
1/3 cup BEST FOODS Real Mayonnaise
1 tablespoon horseradish

Combine ingredients. Chill. Makes 2 cups.

SWISS OLIVE SPREAD
Smooth-blending Best Foods makes spreads extra spreadable.

2 cups finely grated Swiss cheese
1/4 cup finely chopped ripe olives
2 tablespoons chopped green pepper
Dash garlic salt
1/2 cup BEST FOODS Real Mayonnaise

Combine ingredients. Makes 1 1/2 cups.



Best Foods, a Division of CPC International Inc. cpc

BRING OUT THE BEST FOODS AND BRING OUT THE BEST

Chefs' cooking secrets

Continued

CALVES LIVER SWEET-SOUR
Tender strips of liver in a stroganoff-like sauce—

½ cup finely chopped onion
4 tablespoons butter or margarine
2 tablespoons cooking oil
1½ pounds calves liver, cut in strips
All-purpose flour
¼ cup dry white wine
2 tablespoons wine vinegar
¼ teaspoon salt
1 recipe Brown Sauce
1 cup dairy sour cream

In skillet, cook onion ... or margarine till tender ... brown. Remove mixture ... aside. Heat oil in sam... coat liver lightly with f... cook quickly in hot ... browned, about 5 minu... move and set aside. Re... ion mixture to skillet; a... vinegar, and salt. Cook... ture is reduced by ha... bine Brown Sauce a... cream. Add to mixtu... liver; heat through. A... salt and pepper to tas... with hot, cooked pars... dles or mashed potatoe... 4 servings.



To make Brown S... saucepan, melt 2 ta... butter or margarine; ... tablespoons all-purpos... Cook and stir over low... browned. Add 1 can (... condensed beef broth. ... boiling and cook 3 t... utes. Makes 1⅓ cups ...

DOVER SOLE COLBERT
4 tablespoons butter or margarine, softened
1 tablespoon snipped pa...
1 teaspoon lemon juice
½ teaspoon worcestersh...
¼ teaspoon dry mustard
⅛ teaspoon salt
Dash pepper

• • •

4 fresh or frozen dresse... sole or flounder, skinn...
⅓ cup all-purpose flour
2 beaten eggs
3 cups soft bread crumb...
6 tablespoons butter or ...

Whip together the 4 ta... butter or margarine, th... lemon juice, worcesters... tard, salt, and pepp... aside. Make a cut o... middle of one side of ... loosen meat from bone ... a pocket on both sid... cut. Coat each fish, incl... pocket, with flour; di... then in crumbs. In lar... cook fish, one at a tim... 6 tablespoons butter ... garine for about 3 m... each side or till don... cooked fish warm in th... all are cooked.) Spoo... mixture into pocket of ... Serve at once. Makes 4...

Announcing the Wesson 2-Minute Dressing! Make it yourself -fresh, pure*, fast, economical.

Why not have pure, fresh salad dressing, just the way you want it, when it's so easy to make...takes only 2 minutes. Start with 100% pure Wesson and make dozens of deliciously fresh, 2 minute dressings...all homemade. All it takes is pure Wesson Oil, vinegar, ordinary pantry seasonings—and two minutes of your time! Start off with the dressings we show here. Your family will love 'em.

Start with Wesson 2-minute Basic Dressing
(Makes 3/4 cup)
Mix together:
1/2 cup Wesson Oil
1/4 cup vinegar
1/4 teasp. pepper
1 teasp. salt

Dress your greens with Blue Cheese
(Makes generous 3/4 cup) Add 3 tablespoons Blue Cheese (crumbled) to 3/4 cup of Wesson Basic Dressing.

Go exotic with herbs
(Makes 3/4 cup)
Add 2 tablespoons chopped parsley, 1/8 teasp. powdered thyme and salt as desired to 3/4 cup of Wesson Basic Dressing.



*Of all leading brands, only Wesson is 100% pure-because it contains No chemicals... No preservatives...No coloring agents!

E POTATOES
s (about 1 pound)
ater
oons butter or margarine
on salt
on freshly ground

-purpose flour

oil

atoes in enough boiling ter to cover till tender; d mash. In saucepan. the ¼ cup water, the margarine, salt, and oring to boiling. Stir in ok and stir till mixture ball. Cool slightly; beat dd to mashed potatoes, ell. Shape into 16 balls nts. Fry, a few at a deep hot fat (375°) for minutes or till potato golden brown. Makes

ONIAL

er molded the rice in served the recipe on chips"—colorful deep np-flavored puffs avail- e restaurant trade—

eal round steak
esh or frozen sole or , skinned and boned
on salt
on white pepper
ons lemon juice
on worcestershire

-purpose flour
tter or margarine
er
ely chopped onion
ped fresh pineapple
ped unpared apple



ed banana
ed fresh mushrooms
illon cube
ons chutney
d rice
ed almonds, toasted
edded coconut, toasted
ce

and fish in strips. Sea- salt and pepper; sprin- non juice and worces- Coat lightly with flour. , quickly cook veal butter or margarine ; remove from pan and m. Repeat with fish move and keep warm.

GERMAN PIZZA



No one has to tell you how great pizza tastes. Especially when you make it with Chef Boy-ar-dee® the world's most popular pizza mix.

Just thinking about the freshly baked dough, the rich pizza sauce and tangy cheese is enough to make anyone hungry.

And you can vary Chef Boy-ar-dee Cheese Pizza Mix in so many ways. Just make it according to directions and in the last five minutes of baking, vary the toppings.

You can make German Pizza by adding sliced knockwurst and sauerkraut (rinsed and drained). Then sprinkle generously with caraway seeds.

Polynesian Pizza: Top with chopped cooked ham and green pepper (browned together in a skillet) and small pineapple chunks.



Indian Pizza: Begin by adding ⅛ to ½ teaspoon of curry powder (according to taste) to the pizza sauce, then top in the last five minutes of baking with chopped cooked (or canned) chicken and chopped green pepper. Sprinkle on nuts and raisins.

Chef Boy-ar-dee. The world's most popular pizza mix.

FAMILY FOOD IDEAS

In same skillet, combine water, onion, pineapple, apple, banana, mushrooms, and bouillon cube. Simmer 2 to 3 minutes; add chutney, veal, and fish. Toss lightly to combine and heat through. Arrange rice in center of serving dish; spoon mixture atop. Sprinkle with almonds and coconut; pass Curry Sauce. Makes 4 or 5 servings.

CURRY SAUCE

¼ cup finely chopped onion
¾ cup butter or margarine
1 medium apple, pared and finely chopped
1 medium banana, chopped
1 tablespoon pineapple preserves
2 tablespoons curry powder
¾ cup all-purpose flour
4 cups chicken broth
1 tablespoon shredded coconut
1 teaspoon salt

Continued on page 135



RECIPE IDEA: Place sliced cheese on bottom of hot dog bun. Top with Swift's Premium Brown 'N Serve Sausages, split lengthwise. Broil about 5 minutes, or until sausages are browned and cheese melts. Toast bun top the last 3 minutes and serve as a sandwich.

Unlike regular pork sausages, Swift's Premium Brown 'N Serve Sausages are ready in just 5 minutes—because they are fully cooked *before* you buy them.



The excess grease has been cooked out. They're *all meat*. No filler. Just delicious for snacks.



Swift's Premium Brown'N Serve Sausages!
Fully cooked! 5 great flavors!

FAMILY FOOD IDEAS

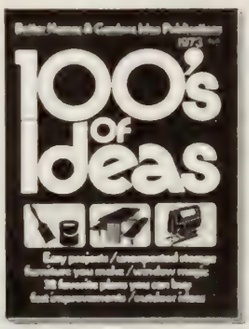
New Ideas

JUNIOR COOK BOOK

Here is the latest edition of the popular Junior Coo... Based on previous success, this book for beginning c... all ages has been revised and updated by the editors o... Homes and Gardens. The recipes include both snacks ... with friends and foods for family meals. Step-by-step instructions with each recipe take the beginner through every aspect of preparation and serving—selecting ingredients, cooking, even table setting. Each basic step is illustrated for added clarity. Includes a glossary of standard cooking terms. Just $1.95 wherever books are sold.



100's OF IDEAS, 1973



Simple, low-cost home improv... inside and out, are the subject... colorful new Idea Publication fr... ter Homes and Gardens. Inclu... Workshop Proven Project Plan... the best-selling project plan... BH&G, selected from a variety ... improvement projects. Also, f... easy decorating ideas with fabr... panels, dividers and storage units; new ways to use ... materials and retrievables with style; plus green th... for inside your home and out. Just $1.35 at your ne...

HOME FURNISHINGS IDEAS Fall/Winter 1972

There's a home furnishings revolution going on—new... furniture, new ways to use it, even new places to bu... colorful new Idea Publication from Better Homes ... dens will help you keep up with the changes. Subjects include designing functional dining areas; tips on shopping for furniture by mail and at the new "furniture supermarkets"; how to make the most of existing space with flexible, multi-use unpainted furniture; plus new German and Far Eastern designs. Just $1.35 at your newsstand now.



's' cooking
ets *Continued*

ban, cook onion in but-
argarine till tender but
n. Add apple and sim-
3 minutes. Add banana,
, and curry powder; re-
om heat and mix well.
our till combined. Stir
en broth and bring to
Add coconut, salt, and
ite pepper; simmer 5
Serve with Rice Coloni-
esired, freeze leftover
aw slowly over low heat
d saucepan, stirring oc-
. Makes 6 cups.

PLANTATION

suggests serving the wine sauce over sau-h turkey slices, too—



-purpose flour
n salt
on pepper
icken breasts (about
ds), split, skinned,
and pounded lightly
ons butter or margarine

• • •

green pepper, chopped
arsely chopped onion
shrooms, quartered
neapple tidbits
cken broth
y white wine
on salt
ons cornstarch
ons water

or plastic bag, com-
r, the 1 teaspoon salt,
epper. Add chicken, a
es at a time; shake to
skillet, melt butter or
e. Brown chicken in
out 8 to 10 minutes on
e. Transfer to serving
keep warm. In same
ook green pepper and
l tender. Add mush-
d pineapple and simmer
minutes. Add chicken
ne, and the remaining
g to boiling. Combine
n and water; stir into
ook and stir till thick-
bubbly. Spoon some
r chicken; pass remain-
es 8 servings.

©1972 by Ore-Ida Foods, Inc.

What are sho'nuff southern style hash browns doin'way up north in Boise?





Why, they're fixin' to spread the joys of southern cooking all across this country.

Up here around Boise, Idaho, we grow just about the finest eating potatoes you'll find anywhere.

When we make our Southern Style Hash Browns, we take the very best potatoes, good and firm and solid, and cut them up into nice, neat nuggets. Chunky enough to sink your teeth into. But small enough so when you pop them in your skillet, each bite cooks up crisp and brown and even.

Then we freeze them, so they'll stay good and fresh, and put them in the Ore-Ida section of stores all over.

Right alongside in the cabinet, you'll see our Ore-Ida Shredded Hash Browns. They cook fast. Soon as they're crisp outside, they're tender and piping hot inside.

With either style hash browns, try eggs over easy with a small sizzling steak. Or pork chops. Or a slice of ham.

Ranch breakfast, they call it. Mighty tasty. Even if you don't eat breakfast till dinner time.



Good eatin' from Boise.

SALTIMBOCCA
1 pound veal top round steak, about ½ inch thick, cut in 4 pieces
4 thin slices prosciutto ham (2½ ounces)
4 slices (4 ounces) Monterey Jack cheese
½ teaspoon ground sage
2 tablespoons olive oil
1 cup sliced fresh mushrooms
2 teaspoons chopped shallots
1 cup dry white wine
1 recipe Risi Bisi

Pound each piece of veal to ⅛-inch thickness. Cover each with a ham slice, then a cheese slice, trimming to fit; sprinkle with sage. Fold the four sides of the meat toward the center to make a rectangle, or roll up jelly-roll fashion. Secure with wooden picks and sprinkle lightly with

Continued

Chefs' cooking secrets

Continued

a little flour. In skillet, brown veal rolls on all sides in hot olive oil. Add mushrooms, shallots, and wine. Cook over low heat till tender, about 10 minutes. Remove meat to platter and keep warm. Boil sauce remaining in pan, uncovered, till reduced to desired consistency, about 5 minutes. Serve with meat atop Risi Bisi on platter; garnish with pimiento strips. Makes 4 servings.

RISI BISI

2 tablespoons choppe
1 tablespoon butter or
¼ teaspoon thread saf
crushed



½ cup uncooked long
1 cup chicken broth
¼ teaspoon salt
½ bay leaf
1 cup fresh or frozen
cooked and drained
1 tablespoon butter or

In oven-going sk
onion in the first
butter or margarine
but not brown. Add
in rice; cook and stir
utes. Add broth, sa
leaf. Bring to boi
tightly and bake in
for 18 to 20 minu
while, heat peas in
butter; stir into rice
serve. Remove bay
serving. Makes 4 ser

BELGIAN CHEESE CR

4 tablespoons butter
⅓ cup sifted all-purp
1½ cups milk
Dash white pepper
Dash ground nutmeg
3 egg yolks
4 cups (16 ounces) sh
natural Swiss chee
2 eggs
½ cup milk
½ cup all-purpose flo
1 cup fine dry bread
Cooking oil
1 recipe Tomato Sauc

In skillet, melt but
garine; blend in the
Add the 1½ cups
once; cook and sti
ened. Add pepper a
Stir a moderate am
mixture into egg y
to saucepan; cook
stirring constantly.
stirring till smooth
oiled 11x7x1½-inch
Chill till firm. Cut
tions. Beat together
and the ½ cup mil
quettes carefully in
into egg mixture, th
ly in bread crumbs
in deep hot fat (375
brown and heated th
2 to 3 minutes. Ser
mato Sauce. Makes



Chicken Cacciatora. Chicken Creole, Chicken Paprika, Chicken Barbecue, Chicken Jambalaya, Chicken Cantonese. Chicken Anything.

Hunt's 7 sauces can help you make anything many things.



FAMILY FOOD IDEAS

Only Hunt's has seven different flavored sauces to help you create dozens of inexpensive, family-pleasing meals. Half the recipe is in the can. The rest is up to you. Each sauce has its own particular charm. Hunt's Sauce with Onions, for example. Think of the time and tears you'll save making Chicken Creole. All seven sauces are perfectly blended and seasoned, all rich because Hunt's removes most of the skin and seeds so that



ɔr people who can't leave well enough alone, ok what you can do with Banquet® Chicken and Dumplings.

Chicken and dumplings. Banquet makes it good and Banquet kes it fast and Banquet gives you plenty; two pounds worth in every kage. And if you want to make a fancier meal out of it, Banquet even help out there with this easy dress-up recipe:

Take one Banquet Chicken and Dumplings Buffet Supper® Main Dish n your freezer. Heat with cover on for 30 minutes, then remove cover. inkle lemon juice and Parmesan cheese on dumplings, then heat itional 30 minutes. Top with cheese and chopped chicory. Serve with ı-wrapped broccoli and fresh strawberries. Banquet. When you start ı great food you end with a great meal.



quet Foods Corporation, St. Louis, Missouri 63101

FAMILY FOOD IDEAS

The Ravioli Smile.





Some kids even laugh out loud. They think it's fun food, treat food, celebration food. But it's more. Chef Boy-ar-dee® Ravioli is a nutritious food too. And most kids don't stop at one serving.

What is a ravioli? It's a square of macaroni, a big helping of beef in the middle, another macaroni square on top. Then it's cooked in thick tomato and cheese sauce. There's Chicken or Cheese Ravioli, too. And only about 20¢ a serving.

The Ravioli Smile. You don't get it with soups or sandwiches.



Chef Boy-ar-dee® Ravioli

FAMILY FOOD IDEAS

Chefs' cooking secrets

Continued

TOMATO SAUCE

⅓ cup diced onion
1 slice bacon, diced
1 tablespoon butter or margarine
1 can condensed beef broth
½ cup tomato puree
¼ cup catsup
2 tablespoons diced carrot
1½ slices white bread

In saucepan, cook onion and bacon in butter or margarine till tender. Stir in remaining ingredients. Cover; cook over low heat for 30 minutes. Press through sieve; reheat to serve. Makes 1¼ cups sauce.

CURRIED LAMB MADRA

Diced apple adds flave peppy entree—



⅓ cup all-purpose flour
3 tablespoons curry pow
½ teaspoon salt
½ teaspoon paprika
½ teaspoon dried orega crushed
⅛ teaspoon pepper
2 pounds boneless lamb in 1-inch cubes
1 cup chopped onion
1 cup diced apple
½ cup butter or margar
2½ cups chicken broth
Hot cooked rice

In paper or plastic bag flour, curry, salt, papri ano, and pepper; add l and shake to coat. oven, cook onion and butter or margarine but not brown; rem skillet. Add meat, abo time, and brown. Ret mixture to pan; add b er; cook over low hea is tender, about 1 Serve over hot coo Makes 6 to 8 servings

LOBSTER THERMIDOR

2 live lobsters
1 cup sliced fresh mush
4 shallots, chopped
4 tablespoons butter or
1½ tablespoons all-pur flour
½ cup light cream
¼ cup dry sherry
½ teaspoon dry musta
¼ teaspoon salt
¼ teaspoon paprika
Dash white pepper

• • •

2 egg yolks
1 tablespoon water
½ cup butter or marga melted
1 tablespoon lemon ju

Plunge live lobsters into enough boiling s to cover. Bring to b duce heat and simm utes. Remove at o lobsters on cutting move legs and claws. Cut completely in h wise. Discard stom near head; keep gree red coral roe. Re vein. Crack claws. Re from tail and claws, Clean and reserve wh

ster meat into chunks.
acepan, cook mushrooms
llots in 2 tablespoons of
tter or margarine till
about 5 to 7 minutes.
obster meat and liver and
another saucepan, melt
ng 2 tablespoons butter
arine. Add flour; stir in
ll at once. Cook and stir
kened and bubbly. Add
y mustard, salt, paprika,
per. Stir into lobster mix-
oon all into lobster shells
er pan.
wl, combine egg yolks,
and a dash salt. Place
op saucepan containing
water like a double boil-
ng a wire whisk, whip
till yolks are warm and
Remove from heat. Beat
r, adding it very slowly
beginning. Add lemon
ook and stir till blended.
sauce atop lobster in
roil 6 inches from heat
o 3 minutes to warm
Makes 2 servings.

E GRAND MARNIER
ll-purpose flour
ranulated sugar
oons butter or
rine, softened
lk
lks
oons grand marnier
ites
ranulated sugar
wdered sugar

utter a 1½-quart souffle
st with a little granu-
gar to coat. Add foil
desired. (Measure foil
ound dish; fold in thirds
se. Butter well; sprinkle
e granulated sugar. With
side toward center, put
round top, extending 2
bove dish; fasten with

xing bowl, stir together
e first ¼ cup granu-
gar, and the butter or
e to make a smooth
saucepan, heat milk to
immediately remove
at and add butter mix-
turn to heat and cook
2 minutes. Transfer to
owl. Add egg yolks, one
, beating well after each.
queur. Beat egg whites
y; continue beating to
dding the
sugar.
hites;



finely diced uncooked





ckerboard

Now's the
Moment to save

Save-up as many 10¢ coupons as you like toward a Honeysuckle White Turkey. Look for 'em in Purina Dog Chow* (5 lb., 10 lb.) Purina Cat Chow* (22 oz., 4 lb.) Purina

Rubbermaid

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Redeem coupons at holiday time. Look for this display!

8 ounces finely diced uncooked beef
1 tablespoon cooking oil
2 tablespoons all-purpose flour
½ teaspoon salt
1 16-ounce can tomatoes, cut up
½ cup chopped onion
2 jalapeno peppers, seeded and chopped
1 small clove garlic, minced
12 tortillas

In medium skillet, cook pork and beef in hot oil till browned. Drain off excess fat. Stir in flour, salt, and dash pepper. Add undrained tomatoes, onions, peppers, and garlic. Cook and stir over medium heat till thickened and bubbly. Place tortillas on baking sheet. Heat in warm oven for 4 or 5 minutes. To eat, spoon about ¼ cup meat filling in center of each tortilla; fold in all sides. Makes 12 burritos.

PLANNING TO BUILD A NEW HOME?

A good way to start is by ordering our Home Plans catalog of nearly 50 outstanding homes, all professionally designed. If you find the one that fits your family, you can then order a complete plan package. To order your Home Plans catalog, send $1.00 to: Better Homes and Gardens, Dept. 2K0, P.O. Box 374, Des Moines, Iowa 50302.

NEW! BIG JOHN'S CHILI 'N BEEF DINNER.



A BIG BEEF DIFFERENCE YOU CAN SEE AND TASTE

Because...Big John's keeps the beef separate in the Flavorkeeper can. It contains more than 85% pure beef in big hefty chunks plus onions and spices. By keeping the beef separate from the beans and sauce, the big beef taste and texture is retained.

It never gets mushy like in chili where everything is cooked together in one can.

The bottom can contains plump tender chili beans, tomato sauce and chili spices. Mix the two cans and heat together for a beef-packed, rib-stickin' chili meal.

ALSO TRY

Big John's Beans 'N Fixin's —a real rib-stickin', home-made tasting bean dish!



TRUE HOME-MADE TASTE DOESN'T COME IN A CAN...IT COMES IN TWO!

Make-ah waffle

Hot, toasty waffles ar for breakfast, but not e has time to haul out t iron and make them. bake the waffles ahead in the freezer? With a heating in the toaster they're ready to eat. Ch of these flavorful butter along with the waffles.



FREEZER WAFFLES

1¾ cups sifted all-purpo flour
3 teaspoons baking pow
½ teaspoon salt
2 beaten egg yolks
1¾ cups milk
½ cup cooking oil
2 stiff-beaten egg white

In mixing bowl, sift flour, baking powder, Combine egg yolks, oil; stir into dry in Fold in beaten egg wh ing a few fluffs. Bak heated waffle baker; c waxed paper betwee waffles; wrap, label, a To serve, bake frozen 325° oven for 15 m heat in toaster. Makes inch waffles.

Cinnamon Butter: cup butter or margari ½ cup brown sugar a spoons cinnamon. Mak

Orange Butter: Crea butter or margarine; b teaspoon grated orange 1 tablespoon orange jui about ½ cup.

Honey Butter: Crea butter or margarine; beat in ½ cup honey til Makes about 1 cup.

Golden Butter: Cre butter or margarine; mashed hard-cooked e ½ teaspoon prepared and a dash pepper. Ma 1⅓ cups.

Prune Butter: Crea butter or margarine; cup cut-up sweetene prunes and 2 teaspoo juice. Makes 2 cups.

Ham and Egg Butt 1 cup butter or marga in one 2¼-ounce ca ham, 2 mashed hard-c yolks, and a dash pepp about 1½ cups.

oad mutual
ls

ed from page 26

ve steadier, though less lar, returns than com- cks. Then there are the

and income funds, ombine the objectives ne implies.

ing expenses. What pro- of the fund's net asset spent on management ertising, and other over- sts? You'll find this in- n in any fund's annual among other sources. A eck of several load and funds showed that the ratio of expenses to av- t assets ranged among m .2 percent to as high percent. That can make difference to your profits years. In fact, it might n wipe out your 8½ sales charge savings if se a no-load with a high ratio.

lio changeover. Is there of lots of buying and the fund's investment ember, the more trans- the more the operating brokerage commissions. the fund gained or lost portfolio decisions?

ement. What is the nd and experience of 's management? How it been in charge? What expertise are indicated?

you choose a big or nd?

ant funds tend to offer test depth of manage- ow-how, but bigness its the fund manager's of investments to the ompanies; there's less or investment in smaller, growth companies. On r hand, the small, ag- funds usually are best you're willing to take a risk. Profits can be ut so can losses. If you ard the stability of a nd, don't overlook the ell-managed, medium- s operating today.

out timing?

can, avoid the under- temptation to buy market is soaring and buy when there is a he time to buy is when re down and there's the market to rise.

it takes an expert to e state of the market, best bet may be *"dollar aging."* This means you specific sum at fixed in- every month, quarter, ver you choose, so long consistent. That way, nvest the same dollar when the market is low,

you automatically purchase more shares; when it's high, you get fewer shares for your money. This procedure tends to keep your average cost down, and you should be ahead over the years in a generally rising market.

For more information:

- *The Investment Company Institute, Dept. G, 1775 K St. N.W., Washington, D.C. 20006.*
- *The No-Load Mutual Fund Assoc., Dept. G, 475 Park Avenue So., New York City 10016.*
- "Investment Companies," published by Weisenberger Services. Sells for $45, from *Select Information Exchange, 2095 Broadway, New York City 10023.* Check your library or broker's office.

Whip up a tray of treats with the Sunbeam Mixmaster Mixer.

We'll treat you to the tray. Free.



In Avocado, White, Harvest Gold, Chrome.

Bowl-fit beaters mix thoroughly, blend evenly.
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Portable mixer convenience at a touch.
Bowl-Shift lever positions bowls just right.
Extra large 4 quart and 1½ quart mixing bowls included.

At Sunbeam, good enough is never good enough. Sunbeam

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Handsome hand-rubbed black walnut tray, two-tier design rich wood finish. Lends warmth and beauty to any serving situation. It has sold for around $9.00. For a limited time only, free with a purchase of Sunbeam Mixmaster Mixer Models MM100W, MM101, MM201 or MM200WS only. Buy from the retailer of your choice. Mail this completed coupon, with a dated sales receipt, and Sunbeam emblem from top flap of mixer carton (Emblem illustrated above) to: Mixmaster Mixer Offer, P.O. Box 9078, St. Paul, Minnesota 55190, and Sunbeam Corporation will send you the tray.

Name _____ (please print)

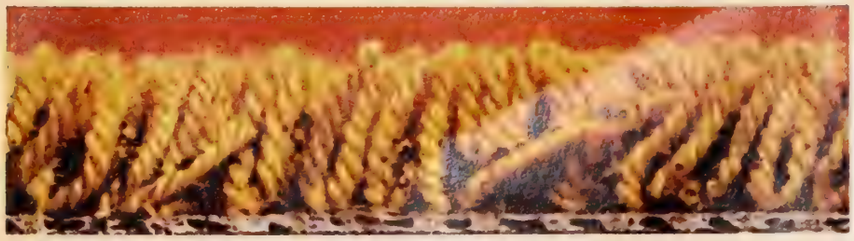
Address _____

City _____ State _____ Zip _____

Name of store where purchased _____

To qualify for free tray, purchase must be made between Sept. 20 and Nov. 1, 1972. Claim must be postmarked on or before Nov. 20, 1972. Limit: one to a family. Offer good only in continental U.S., Hawaii and Alaska. Void where prohibited or restricted by law. Allow 30 days for delivery.

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After vacuuming with regular rug attachment.



After vacuuming with Sears Powermate attachment.

If you want a really powerful vacuum, here's why you should come to Sears.

The Powermate is a canister and upright in one.

Literally beats deep-down dirt out of rugs. (Look at the actual unretouched photos above.)

Has the most powerful motor we've ever had on any vacuum cleaner—upright or canister.

Adjusts to 3 carpet heights—even shag—with the touch of a toe. 7 cleaning attachments, too.

At most Sears, Roebuck and Co. stores or through the catalog.



Model No. 2299

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Hundreds of low-cost decorating ideas for beautiful, efficient kitchens, and cozy family rooms. Plain talk about floors, counters, cabinets, lighting, ventilating, and much more. Learn how to maximize your space—a step-by-step guide to good planning. You'll find suggestions on many subjects, each backed up with factual information, full-color pictures and guidelines. Regardless of your plans, you need to see these ideas before you begin. $1.50 each or both for $2.90. Issues still available:

18048 Kitchen and Family Room Ideas 1972
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   Better Homes and Gardens
   Dept. 2KH, Box 374
   Des Moines, Iowa 50302
3. Please include 35¢ postage for each magazine ordered.

Down with tiresome tables!

As demonstrated by those flexible fittings on page 78, to tables don't have to be dressed in a dull uniform. Collect terns of china and silver that play well together and you come up with all sorts of creative combinations. Don't over dramatic backgrounds, like the two illustrated below. An propriate cloth can help coordinate an eclectic table.



Photographs

Bright autumn table features alternating patterns of china flatware: in foreground, Zebra porcelain and "1810" ste at right, Flame porcelain and Florentine Scroll stainless a background, try a quilted cloth. Ours is machine sewn abstract pattern fabric to echo the tableware. You'll find like these not only make handsome holiday party settings protect the tabletop from sizzling platters. Campfire cente combines birch kindling and gladiolus.

Buying information, p



To make any round table festive, cover it with a floor- appliquéd cloth. We trimmed ours with sprays of pastel f copied from the Floral pattern plates, at left. Combining ent patterns and types of dinnerware on a buffet adds and interest. Stacked plates at right are Antique Green fine Stainless patterns are Spanish Tracery and Spanish Scroll of coffee cups and placement of spoon atop fork are good saving tricks to remember when you're having a big buffet.

Yes, Kraft does make real mayonnaise.

What do you know about that?



Of course Kraft makes real mayonnaise with lots of whole eggs and extra egg yolks. But did you know Kraft combines them with a carefully selected blend of pure vegetable oils? Then beats this combination their own special way? So Kraft real Mayonnaise is creamy-smooth. And its fluffy texture blends perfectly with other foods. One more thing, Kraft Mayonnaise is in a handy wide-mouth jar—easy to spoon from, easily reuseable. Discover Kraft real Mayonnaise.

Frozen Caribbean Salad

- 1 large banana, sliced
- 1 T. lime juice
- 1 C. Kraft Mayonnaise
- 1 C. heavy cream, whipped
- 1 C. (13¼ oz. can) drained crushed pineapple
- ½ C. chopped maraschino cherries, drained
- ¼ C. confectioners' sugar
- 3 T. light rum or ¾ tsp rum flavoring
- 1 tsp. grated lime rind

Toss bananas with lime juice. Fold mayonnaise into whipped cream; add to bananas combined with remaining ingredients. Spoon into 9-in. pie plate. Freeze until firm. Cut into wedges. Garnish with maraschino cherries, lemon and lime slices, if desired. 8-10 servings.

For Real Mayonnaise Lovers

KRAFT
Division of Kraftco Corporation



Quick patches for leaky pipes

Water leaking from a pin-size hole in a pipe can do a surprising amount of damage. Although a hole in a pipe usually means the pipe is corroded and should be replaced, your first worry is to stop the leak now before it does any major harm. Here are some stopgap solutions you can use before the plumber arrives.

1. If a leak develops in pipes made from plastic, you can seal the leak with plastic electrician's tape. Wrap the tape around the leak tightly; use plenty of material on both sides of the hole. Replace the damaged pipe section as soon as possible.

2. Epoxy putty is a good joint sealer for a cast-iron pipe if it develops a leak around the tee and ell joints. Spread the putty on thickly with a putty knife. But before you do any patching, turn off the water at the main entrance, open the taps, and drain the line. This takes the pressure off the pipe while you spread on the epoxy.

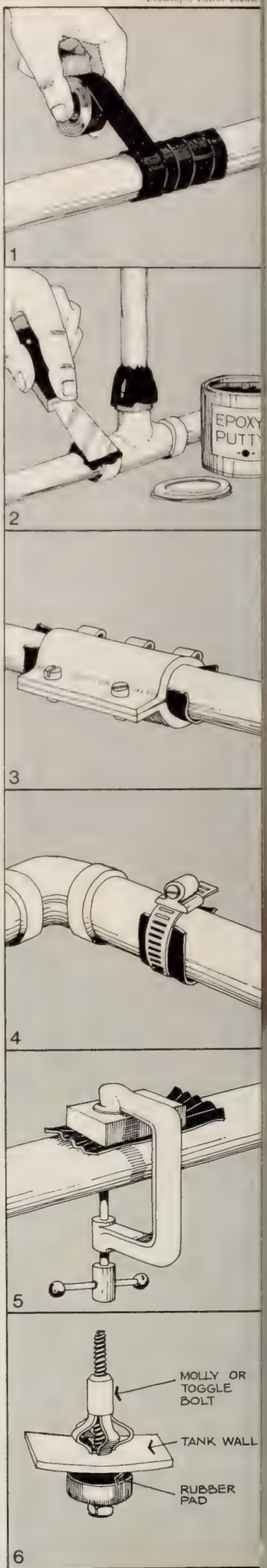
3. A sleeve clamp stops most leaks fast. However, it should fit the diameter of your pipe perfectly. The inside of the clamp is lined with a rubber blanket; when you turn down the screws, pressure is exerted which stops the leak.

4. A hose clamp—like the ones used on your auto's radiator and heating/cooling hoses—is also a good way to stop leaks. You'll need a rubber blanket similar to the one used for the sleeve clamp. Best sizes to buy, available at most gas stations, are Numbers 12 and 16. Simply turn the screws to tighten the blankets onto the pipe.

5. A C-clamp, block of wood, and a rubber blanket can stop most pinhole leaks; but use this gimmick only in an emergency when nothing else seems to work. Reason: it's very difficult to square the clamp tight enough on the pipe to stop a small leak.

6. Small leaks in tanks can be plugged with a molly or toggle bolt-type device with a rubber pad inserted between the head of the bolt and the flanges. This usually requires drilling a hole large enough to accept the bolt, so drain the tank before you start patching.

Drawings: Patrin Studio



Out



Blah colors.

In



Bold, exciting colors. Better still, two or three exciting colors mixed together. Mixed, here, in a carpet Lees calls "Bewitching."

Lees has taken DuPont's lush Dacron polyester fiber and made it into a Body Shag.

What's a Body Shag? Not one of those old, long, limp shags. But a thick, healthy, plushy one.

Now, if you're still a bit scared of those glorious color mixtures, consider this: They're more practical—show dirt *less*—than the old, drab, "safe" colors.

Okay now? Then call 800-243-6000, free, for the name of your nearest Lees dealer. In Connecticut call 800-942-0655.

There are 20 "Bewitching" colors. Plunge in.

Lees Carpets, a Division of Burlington Industries.

LEES the Newsmaker
carpets











Al Young is discovering talent he never knew he had. How to panel his basement with Wayside Inn.™

Since the day they moved in, Al's wife has saying, "Some day we can panel the basement, Al?" Al put it off. (Thought it was too hard). Then she started saying, "When, Al?" Al put it ne more.

Finally she handed him something called *Bruner's Guide to Wall Paneling* and said, , Al." Al read.

He read about how to plan and measure, panel orners, box in windows, deal with electrical es, close in stairs, and so on.

His wife had been reading too, he noticed. already chosen U.S. Plywood's newest panel, de Inn, from the more than 17 shown.)

Well, the long and the short of it is – old ge-do-it-yourselfer Al got a very big surprise. was really *nothing* too hard about paneling sement.

s with all remodeling jobs, are special problems – but covered they're all solvable. ness, for one. It can harm s. Al's U.S. Plywood dealer ed that a commercial com- could cure it. He also sted putting up a low- nyl plastic vapor bar- nd insulation ial.

econd, you can't panels directly to a ry wall. So Al checked the *Panel- uide* and found out how to build a of 2" x 3" lumber over vall. Each frame ailed against floor iling and the s go up right st the frame. l's not too great ammer and nails, so the discovery of Weldwood® Panel Adhesive as the easy method of installation was another relief. The guide shows how to hold a panel out from the frame to let the adhesive set. Around 8 minutes later, it gets tapped into place.

And finally, paneling into corners particularly scared him. But his handbook shows how to scribe a panel to fit a rough, out-of-plumb corner, using a plain artist's compass.

If Al can do it, you can do it. And one of the best things about doing it yourself is the money you save. Which means you can afford better paneling – from U.S. Plywood.

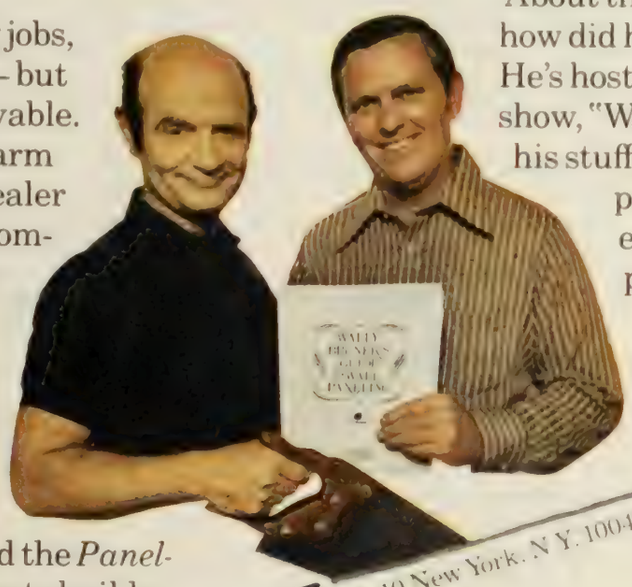
The handsome, durable Wayside Inn Rivervale Hickory Al's wife picked out, costs about $12.00* per 4′ x 8′ panel. And we've got a huge selection of others, ranging from $4.50* to $35.00* per panel.

About that book. Who is Wally Bruner and how did he change Al's mind about paneling? He's host of a popular new do-it-yourself TV show, "Wally's Workshop" – and he really knows his stuff. So we got him to put together a 58-page book that tells you everything you ever wanted to know about installing paneling, step by easy step. *And* shows you the many panels U.S. Plywood makes, in full color. *And* gives you decorating and accessory ideas.

If you'd like a copy, just cut out this coupon and send it off to us with 50¢.

And for additional down-to-earth advice on panels and paneling, visit the lumber or building materials dealer in your neighborhood who handles U.S. Plywood products.

*Manufacturer's suggested retail price



U.S. Plywood, Box 61, Dept. A-10 New York, N.Y. 10046

I think I may have hidden talent. Please send a copy of *Wally Bruner's Guide to Wall Paneling*. Enclosed find 50¢

Name

Address

City State Zip

U.S. Plywood
A Division of Champion International

DOUGLAS M. LIDSTER Editor

What to do if your pet has worms

Worms are unpleasant—especially for the dog or cat harboring them. Most pets play host to one type of worm or another sometime during their lives. The more you know about the worms plaguing your pet, the better you can cope with them.

While parasitic worms are not the serious health threat some would lead you to believe, two types—roundworms and hookworms—sometimes prey on humans. Prevention consists of little more than old-fashioned cleanliness and common sense. Insist that your children wash their hands after playing with pets and always before eating, and refrain from petting the dog from the dinner table. Also, don't allow toddlers to play with a mother dog and her pups unless you're around. Little children have a way of putting their fingers into their mouths whenever they aren't putting them into something else. Since little puppies spend most of their time in close contact with their brothers and sisters, they're likely to have microscopic worm eggs clinging to their bodies. Besides, children under three pose a serious threat to puppies. A child can't be expected to differentiate those warm little things from his other cuddly toys.

Diagnosing the type of worm bothering your pet and prescribing the proper treatment is a job for your veterinarian. Don't periodically feed your dog or cat a patent wormer. Instead, take him in for a veterinary checkup twice a year.

ROUNDWORMS

Roundworms are among the most common internal parasites afflicting pets and pose a particular threat to puppies and kittens. The adult roundworm is two to eight inches long and white to light yellow in color.

Roundworms make their home in the small intestine, where they live on the nutrients your young pet has already broken down from his own food sources. If heavily infested, your pet virtually starves no matter how much you feed him.

Like most internal parasites, the roundworm has a complex life cycle. Eggs laid by the adult worms pass from the dog in his feces. These microscopic eggs have an adhesive quality, and many stick to the hairs around the dog's rectum, to food dishes, or to anything else the dog might touch. After the dog swallows these eggs, they hatch in the intestine into a larval form. These larvae burrow through the intestinal wall and are carried by the blood stream to the lungs or muscles. The larvae in the lungs are coughed up into the throat, and then swallowed. Once back in the intestine, they mature and lay eggs, and the cycle repeats itself.

The roundworm larvae in the muscle tissue of female animals remain inactive until she is pregnant. Then they may become active and penetrate the bodies of the unborn puppies or kittens. Thus, even though the mother was wormed long before breeding and kept in clean surroundings until after the pups were born, they still might be infested. And as the mother licks her pups to clean them, she could reinfect herself.

The presence of roundworms in a young pup or kitten is characterized by general listlessness, digestive upset, and in severe cases, bloating of the abdomen. In especially severe cases, your pet may pass worms in his feces or vomit them up after a violent coughing spasm.

Don't assume your pet is worm-free just because you can't see worms in his stool. Take a fecal sample to your veterinarian for examination under a microscope. He's looking for worm eggs, not the worms themselves.

Your veterinarian can eliminate the worms quickly with little or no discomfort to your pet. You'll probably have to take the animal back for a follow-up treatment to kill those worms that were in a larval stage during the first treatment. Although mature dogs seem to build a natural immunity to roundworms, it's a good idea to take a fecal sample in for examination every six months.

HOOKWORMS

The hookworm is one of the most serious threats to puppies and kittens. The mature worm is ½ to ¾ inches in length and about as big around as a straight pin.

Hookworms, like roundworms, make their home in your pet's small intestine. But instead of feeding on your pet's food, as the roundworm does, they attach themselves to the intestinal wall where they feed directly from the animal's blood supply. To make eating easier, they secrete an anticoagulant, so your pet continues to bleed internally whether the worms are feeding or not.

Hookworms are spread from the eggs in an infected animal's droppings. Your dog can pick these eggs up from food or water, or by licking a part of his body where the eggs are clinging. Then the eggs hatch and go directly to the small intestine. The larvae also can penetrate the dog's skin and move through the bloodstream to the lungs. Then, when the dog coughs, the larvae are swallowed and carried into the intestinal tract. As with the roundworm, this parasite may be transmitted from mother to unborn young.

TAPEWORMS

Tapeworms vary in length from a fraction of an inch to over 30 feet. However, those afflicting dogs generally are about 12 to 16 inches long. This parasite can be difficult to deal with because he lives in alliance with your dog's closest acquaintance—the flea.

The adult tapeworm has suckers or hooks around its head with which it anchors itself to the lining of the small intestine. However, the worm has no digestive system of its own; it merely absorbs nutrients before your dog's intestine can get them into his own system.

As the tapeworm matures, the body segments break off and pass from the dog in his feces. These segments virtually are egg sacs. As the sac dries, the eggs are released and eaten by flea larvae. Then, when the flea larvae mature and start biting dogs, the dogs bite back, ingest the fleas, and release the tapeworm eggs to repeat the cycle.

Symptoms of tapeworm infestation are digestive disturbances, abdominal pain, nervousness, and generally run-down condition. In mild cases your pet may suffer only mild abdominal discomfort. In severe cases, periods of alternating constipation and diarrhea are the giveaway.

A dog infected with tapeworms may drag his hindquarters over the floor or ground to relieve the irritation caused by the segments' passing through his intestines. However, this behavior is also exhibited by a dog with infected anal glands, so your veterinarian should make the diagnosis. You may notice tapeworm segments in the dog's droppings or clinging to the hair around his anus. These segments have a pinkish tinge when fresh, and look like brown grains of rice when dry.

Veterinary treatment consists of giving the animal a wormer specifically designed for killing tapeworms. To prevent further infestation, keep your pet and his bedding relatively free of fleas and other external parasites, and try to deter him from capturing his own dinner.

WHIPWORMS

Whipworms found in dogs have a white to gray, whip-shaped body and are two to three inches long when mature. They usually make their home in your dog's *cecum*

Continued

Do it yourself. You'll save.

You can save on out-of-state Long Distance calls if you'll keep this rate chart in mind.

For example, look at the column headed "Dial-It-Yourself." As you can see, you save any day of the week or time of the day if you dial the calls yourself without operator assistance.

Examples of Long Distance rates for coast to coast calls

		Station-to-Station Dial-it-Yourself	Station-to-Station Operator-Assisted	Person-to-Person
Weekends	8 a.m. to 11 p.m. Sat and 8 a.m. to 5 p.m. Sun	**70¢ first 3 minutes**	$1.40 first 3 minutes	$3.55 first 3 minutes
Evenings	5 p.m. to 11 p.m. Sun through Fri	**85¢ first 3 minutes**	$1.40 first 3 minutes	$3.55 first 3 minutes
Nights	11 p.m. to 8 a.m. daily	**35¢* first minute (minimum call)**	$1.40 minimum call (3 minutes)	$3.55 minimum call (3 minutes)
Weekdays	8 a.m. to 5 p.m. Mon through Fri	**$1.35 first 3 minutes**	$1.85 first 3 minutes	$3.55 first 3 minutes

Rates shown (tax is not included) are for the days, hours and durations indicated, and for the types of calls specified at the head of the columns. Rates may be even less, of course, on out-of-state calls for shorter distances.
Dial-it-yourself rates apply on all interstate calls (excluding Hawaii and Alaska) completed from a residence or business phone without operator assistance. They also apply on calls placed with an operator from a residence or business phone where direct dialing facilities are not available. Dial-direct rates do not apply to person-to-person, coin, hotel-guest, credit-card, or collect calls, or to calls charged to another number, because an operator must assist on such calls.
*One minute minimum calls available only at the times shown, and additional minutes are 20¢ each, coast to coast.

Here are the conditions under which the special low interstate rates apply:

1. The calls must be made without operator assistance. So the dial-direct rates do not apply to coin phone calls, person-to-person, collect, or credit card calls, calls from hotel or motel phones, or calls charged to another number — because an operator must get involved in all such calls.
2. The calls must be made from a home or business phone.
3. The rates do not apply on calls to or from Alaska or Hawaii.

The reason rates are less on dial-direct calls is that they cost less to handle.

Know when you can save on Long Distance calls and how much. Examine the rate chart above. Cut it out and keep it near your phone. Knowing is worth the effort.

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If your pet has worms *Continued*

(the blind pouch located at the junction of the large and small intestine).

The dog becomes infected by ingesting eggs in contaminated water or food, or by licking eggs that might be clinging to his hair coat. The swallowed eggs hatch in the small intestine, and in two or three months migrate to the cecum.

While little is known about what actual damage whipworms do, severe infestation produces symptoms consisting of: chronic diarrhea, nervousness, alternating periods of diarrhea and constipation, and generally poor condition. If diarrhea persists, blood may show up in the feces.

Again, your veterinarian depends upon his microscope to identify this parasite. Treatment is by a wormer designed especially for whipworm control. You can prevent further infestation by making a special effort to pick up after your dog, and to keep him and his quarters clean.

HEARTWORMS

One of the most dangerous and possibly the most difficult to treat of all internal parasites is the heartworm. The adult worm is ten to 12 inches long and makes its home in the right ventricle of your dog's heart.

The adult heartworm hatches eggs within her body and releases embryos known as microfilariae into the dog's bloodstream. Here they circulate freely until picked up by a suitable intermediate host, most commonly a mosquito. Once inside the mosquito's body, the microfilariae go through a metamorphosis and at the end of ten to 14 days emerge as larvae. When the infected mosquito settles down to dine on an unwary dog, the heartworm larvae enter his bloodstream. From this point, little is known about the rest of the heartworm's life cycle. It's presumed that the larvae settle in certain connective tissue to complete their development, then migrate to the heart and lungs by way of the veins. The completion of the cycle may take up to four months from the time the dog was bitten by an infected mosquito.

Symptoms of heartworm infestation are a lack of stamina and a severe cough following exercise. Heavy infestation can enlarge and damage the heart, and death may follow.

Your veterinarian can diagnose the presence or absence of heartworms by examining a sample of your dog's blood under a microscope. If microfilariae are present, adult worms are in the heart.

Presently, there is no single treatment that's entirely satisfactory for getting rid of heartworms. Surgery has been used to remove the adults from the ventricle of the heart. Certain wormers kill both the adults and larvae, but treatment is tricky. Unless the dog is extremely healthy, the medication is really going to throw him for a loop. And a dog heavily infected with heartworms is hardly a picture of health.

While the adult worms are not particularly hard to kill, it's not desirable to fell them all with a single blow. A clump of dead worms could block a major artery and cause death. Or, dead worms accumulating in the lungs can lead to pneumonia.

If your veterinarian diagnoses heartworm, don't give up hope. Your dog can recover. But, the treatment and the convalescence are long and drawn-out.

A good preventive program is the best way to eliminate the risk of heartworm infection. Try to keep the mosquitoes down in your area by seeing that they have no wet breeding place around your yard. Use a lawn fogger each evening to kill flying insects. You can get lawn foggers filled with pyrethrins, non-polluting and non-residual insecticides poisonous only to bugs. If your dog is in a chain-like enclosure, screen that area to keep mosquitoes out.

Your veterinarian can prevent heartworm if your dog is not infested. A medication is available that kills the larvae as they enter the dog's body from a biting mosquito. However, the treatment is ineffectual once the mature worms have established residence.

Currently researchers are working toward a medication that could be applied to the animal's skin and would kill the microfilariae already in the blood. This would eliminate the chance of mosquitoes' picking up the microfilariae and fulfilling their vital role as intermediate host. Once perfected, the medication could spell the end of one of the most dangerous parasites afflicting dogs. ■

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See the new home fashion concepts being presented by these participating manufacturers in this issue—many of them on the following pages, unless otherwise noted:

American/Drew Furniture*
Armstrong Cork Company—
Founders Furniture (2nd cover-p.1)
Armstrong Cork Company—
Thomasville Furniture (pp.2-3)
Bigelow-Sanford
Drexel Furniture
Drexel-Heritage Furniture*
Ethan Allen Furnishings
Mohasco Industries—Barcalounger*
Simmons Company

** Appearing in regional editions.*



What to look for in a sofa.

fa is one of the most important pieces of ture you'll ever buy. It can cost you any- e from $200 to $2000.

id at any price you can—and should—get ty. Quality construction. Durable materials. our sofa won't sag or buckle or bulge or y turn out to be a lemon.

t would you know a lemon if you saw one? ost people simply judge a sofa by its cover. never stop to check any further. And dn't really know what to check further *for*. mmons thinks you ought to know. What to for when you buy a sofa.

1. Exactly the sofa you want.

y start out making compromises? It's your y. And your living room. Simmons offers full range of styles to choose from. And you get your choice of over 400 fabrics. hen you get a choice of custom tailoring s, like quilting, deep tufting, contrast welt- nd a choice of base and back treatments.

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Your sofa ought to *feel* right to you, too. That's why you should have a choice of cushions. Simmons offers you *four* choices, ranging from soft to springy. And made of superior materials. Our foam is NIMBUS, a high-density polyurethane foam made exclusively for us. We choose polyester fibers for their special softness and resilience. And only Simmons can offer you the Supreme Comfort Cushion—Beautyrest coils encased in Nimbus and wrapped with polyester fibers. All our cushion-cores are specially cut to fit the curve of the sofa, so they won't gap apart when someone sits down.

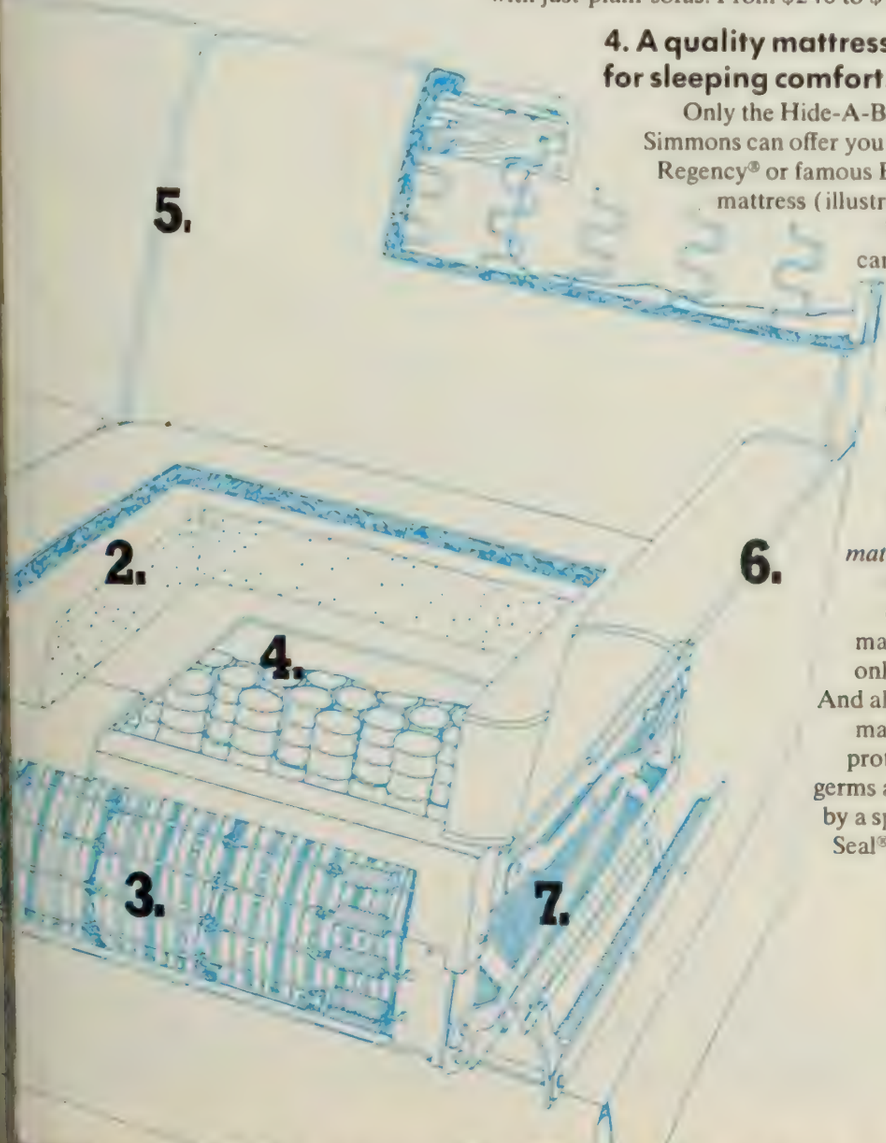
And, if you choose foam cushions, the inner core should be 4¾" thick, so the foam will hold up (and hold *you* up) well. A Simmons cushion measures up. Many others are only 4". Or less.

3. A hidden bed.

We think you aren't getting your money's worth if the sofa you buy doesn't also hide a bed. Especially since Hide-A-Bed sofas are priced in line with just-plain-sofas. From $240 to $1200.

4. A quality mattress for sleeping comfort.

Only the Hide-A-Bed® sofa by Simmons can offer you a Simmons Regency® or famous Beautyrest® mattress (illustrated here). You simply can't get these quality mattresses in any other convertible sofa. And Simmons gives you a *full-length mattress* (75"). Most other convertible mattresses are only 72" long. And all Simmons' mattresses are protected from germs and mildew by a special Sani-Seal® treatment.



5. Seating comfort.

Simmons' hidden bed is set in so neatly, it won't interfere with seating comfort. And we keep the back comfortably angled to the seat at the normal slant. Others may give you no slant at all, which can feel like you're sitting in a straight-back chair.

6. Beautiful upholstery made to stay beautiful.

Because a convertible sofa opens, it puts an extra strain on the upholstery. So Simmons uses a special "Flexolator"® to provide the necessary extra "give" and keep the fabric neat and secure. Most other convertibles have nothing like it and the fabric can wrinkle or pucker and filling materials may work loose from the frame.

When you buy a Hide-A-Bed sofa by Simmons, you can also buy extra fabric for drapes. But we also *give* you some extra fabric. Free. Enough to make arm covers if you like. Or to patch up disasters, like cigarette burns. And most of our fabrics are stain-resistant to require only minimal care.

7. An easy opening mechanism designed for safety.

The Simmons mechanism is not only easy to open, but also quite effortless. It requires only 20 pounds of pull-effort, compared to 30 or 40 for most others. And Simmons has "Lock Stop" control as an extra safety measure. And doesn't have raised moving parts that can tear sheets, bump shins, or bruise fingers. Our mechanism is also designed so well it won't leave marks of wear on your rug.

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Simmons guarantees the frame, mechanism, mattress and upholstery filling against defects in workmanship or materials. Each for a specified time period and of course within reasonable limitations as listed in our written guarantee. And because Simmons is a national company, our guarantee is good anywhere you move, all around the country.

If you think all these standards of quality we've listed simply add up to a sales pitch for Simmons, you're right. They do. But then think of it this way. Only the Hide-A-Bed sofa by Simmons could use those standards to make a sale.

SIMMONS

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Now that I know what to look for in a sofa, I'd like to look at some Hide-A-Bed® sofas. Please send me your decorating booklet, "How to Buy a Sofa."
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The Hide-A-Bed Sofa by Simmons.

How to sell your antiques

Whether you collect antiques as a hobby or have inherited them, a time will probably come when you'll want to sell some or all of your collection.

Perhaps the antiques you were crazy about as a novice collector no longer suit your tastes; you'd like to sell them and use the money to buy whatever interests you now. Maybe you're moving and would rather sell some of your heavier pieces than lug them along or pay transportation costs. Or perhaps a dealer has spied your fine collection of pewterware and has been tempting you by waving dollar bills under your nose.

Some people buy antiques, not for their intrinsic or historical value, but in hopes of making a profit. Still others decide that antique collecting isn't their bag after all and want to unload what they have in order to invest in something else.

Whatever their reasons for selling their antiques, most people discover sooner or later that it can be a tricky, sometimes costly, business. The bed for which you paid $200 might have a market value of $400, but you'll only get $100, or $50, or under, unless you can find a buyer who is willing to pay the full market value.

If you are an antique collector who wants to become a seller, don't count on making exorbitant profits from your sales. But neither should you be willing to sell your collection for far less than reasonable value.

How can you get full value for your antiques? Here are some proven methods:

- Establish fair prices for your antiques, especially if you have any valuable items. This isn't always easy because there are few widely accepted price lists in the antique business. The best way is to have a professional appraiser tell you what your antiques should be worth on today's market. What you paid for an item isn't necessarily what someone else will pay for it. By establishing appraised prices, you eliminate questions from the potential buyers' minds and you avoid a lot of haggling.

Professional appraisers charge about $100 a day to appraise an average collection of antiques, although some of them will charge a percentage of the total appraised value. Dealers might appraise your collection and charge you less, but make sure the dealer you choose is widely respected and has been dealing in antiques for many years. A poor appraisal can be wasteful. Also, have it clearly understood that you are not going to sell to the dealer who appraises your antiques.

Be sure to get the appraisal in writing on the letterhead of the appraiser or dealer who made it so you can show it to your potential buyers.

A word to the wise: Even if you are not planning to sell your antiques, you should have them appraised anyway for insurance purposes. In case of fire or other destruction, you will not get full market value for your antiques unless you have a written appraisal to give to your insurance company. An old sales slip or your own estimate will not stand as proof of what your antiques are worth today.

Now you can put together a room like thi



THE RICHNESS OF COLONIAL VIRGINIA IS SURPRISINGLY EASY TO ACHIEVE. The same hand-woven crew fabric on the false canopy over the stately bed from Ethan Allen's Georgian Court Collection is also used on the Quee Anne wing chair, and for the drapes to coordinate the room. The Oriental design rug with its historic pattern helps add timeless touch. All the furniture, fabrics, bedding, the rug and most of the decorative accessories are available at yo Ethan Allen Gallery.

● A "house sale"—a sale in your home to which the public is invited—can be an inexpensive way to attract a relatively large number of prospective buyers. An advertisement in your local paper, specifying the day and hours of the sale, plus a general description of the items you're offering, can bring buyers to your door.

If you decide to have a house sale, be sure to put price tags on the items you're selling. This will cut down on endless dickering with potential buyers (antique hunters like to look, discuss, dicker a little, and look some more).

If you have glass or other fragile items, be sure to protect them during a house sale. Don't rely on signs that say "Please don't touch" or "If you break it, you buy it." These mandates are difficult to enforce. For your own peace of mind, lock fragile items in a glass-front case and show them on request.

House sales can be fun, and they usually bring in potential buyers. However, you'll get a large number of bargain hunters, too. Such sales aren't particularly effective for selling higher priced antiques. In fact, anything over $25 is likely to move very slowly.

● You can save yourself the trouble of escorting "just-looking" strangers through your house by running a newspaper ad listing all of the items and their prices. (You might include a "call for appointment" note in the ad so that buyers won't be showing up in the middle of your dinner hour.) This can be a good way to sell your antiques if they're valued at less than $100 each. If they've been appraised appreciably higher, you are unlikely to find many potential buyers who regularly read the classified section of the local newspapers.

● What if you *do* own a few especially valuable pieces that you want to sell? You might try advertising in specialized publications read by serious antique collectors. *Antiques* magazine is the major national publication, but there are many others. Your local library or museum curator can probably give you the names of other publications.

● Many cities have resale shops that handle the sale of consigned items on a percentage-of-sale basis. While the shop might ask for one-third of the sale price, the two-thirds you get can be better than nothing and you'll avoid a lot of work.

● Have an auction. If you have a lot of things to sell, this might be the most profitable way to convert your antiques into cash. Auctioneers get about 20 percent of the sale price, and most require a minimum fee which varies according to the section of the country and the work involved. When you hire an auctioneer, you usually get some built-in prospects. Most auctioneers have a mailing list of likely buyers and can attract a fairly large number of people to any auction they agree to conduct.

● You might try calling a few antique dealers and offering your antiques to them. But don't expect to realize the appraised value for what you own, because dealers generally try to pay only 50 percent of the amount they expect to get for an item. If you're lucky, the dealer might have a customer all ready to buy the item you're selling. If this is the case, he might be willing to pay you a little more. ■

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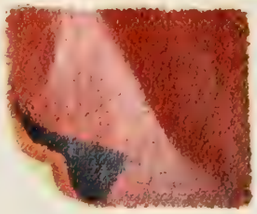
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Places for paperwork

Successfully combining business and pleasure, this home office is furnished with sturdy straight-lined campaign furniture and antique sailing paraphernalia. Rich, muted colors, both smooth and rough textures and simple geometric patterns add emphasis to this man-oriented office. In these surroundings, anyone is set to chart a course for success.

Designer: Jay Joyce. Source: Patricia Mertz.



Part of a multipurpose storage unit can serve as a home office. This storage piece, a West German import, can be placed against the wall or used as a freestanding room divider. Complete with a drop-lid desk and compartmented storage space, the unit has the look of a permanent built-in, but you can still move it to another room or a new house.

Designers: John Green and Nick Rowley. J. L. Hudson [illegible]. Source: [illegible]



A short span of bedroom wall can become a quiet out-of-the-way place for personal correspondence. This delicately scaled Queen Anne-style desk complements the period look of this room. An informal grouping of family photos in antique frames adds a personal touch.

Photographs: Hedrich-Blessing. Source: Patricia Mertz.

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See the new Ethan Allen Home Fashion Center at the Ethan Allen Galleries listed below.

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Little Rock .....Carriage House

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Santa Rosa.Yeager's Carriage House
Stockton .....Georgetown Manor
Torrance .....Carriage House
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Albuquerque ....Georgetown Manor

OKLAHOMA
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OREGON
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TEXAS
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El Paso .....Charlotte's Carriage House
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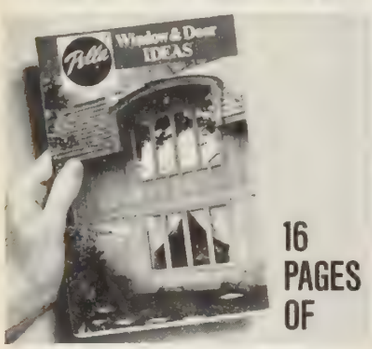
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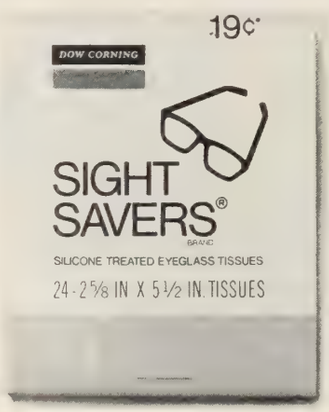
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The outdoor look made easy

Photographs: Hedrich-Blessing. Interior Designers: John Greene, Nick Rowley, Hudson's. Source: Liz N

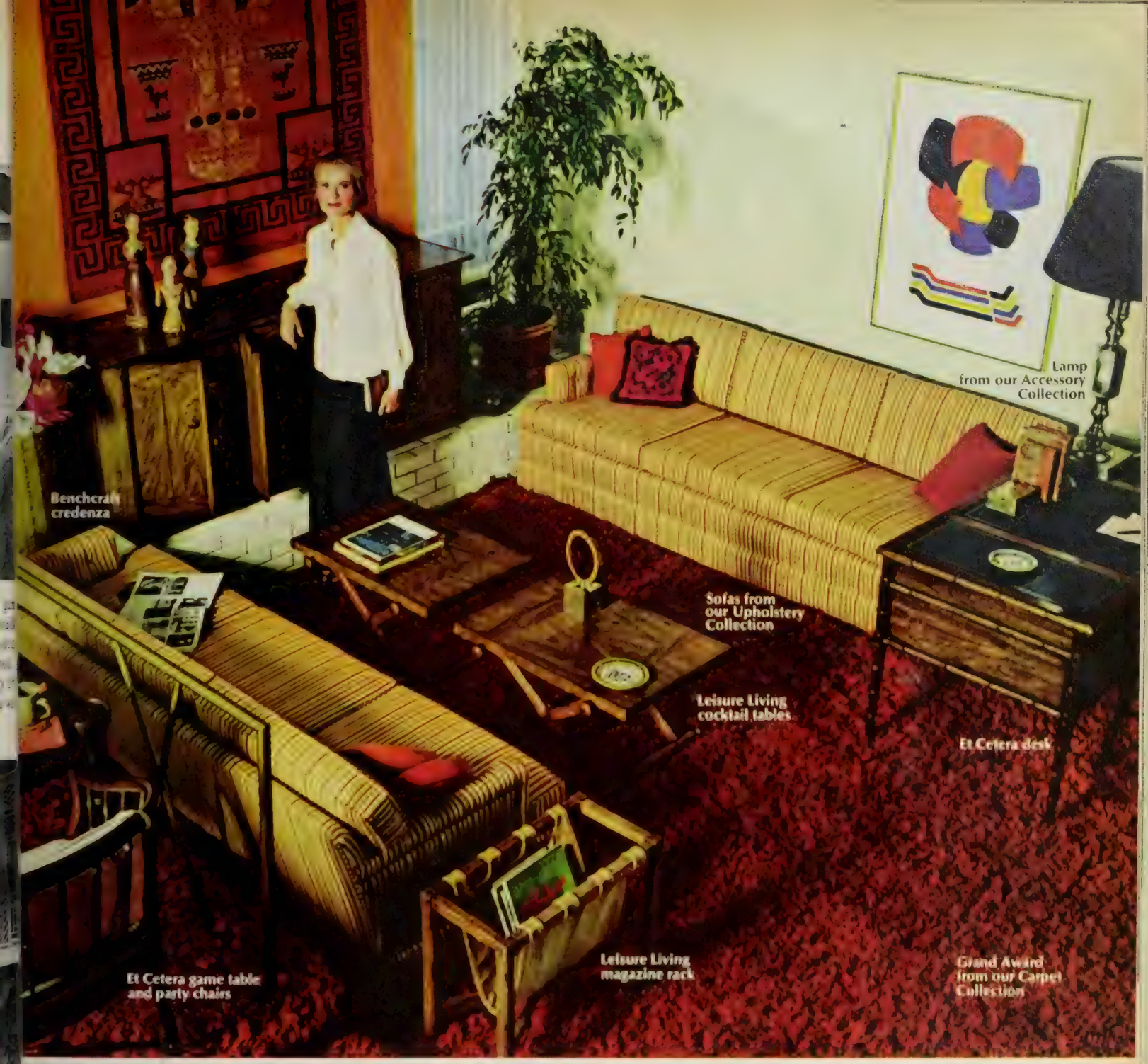


You can give almost any room in the house a refreshing ga look simply by adding timeless wicker furniture and trei (also known as latticework) wallpaper. They combine suc fully with various furniture styles. Here a wicker daybed fresh-looking lattice wallpaper complement contemporary c and a Parsons table. A flowery painting and grasses in a w basket contribute to the garden atmosphere.

Interior Designer: Suzanne Rheim. A.I.D. for Decorator's Showcase. Source: Lois Rea



Secondhand furniture looks first-rate when painted shiny and combined with dramatic brown and white trellis wallp The wallpaper also disguises a jog in the wall behind th and visually lowers a lofty ceiling. Shiny green plants arou room relieve the simplicity of the dark walls and floor, a crystal chandelier and foil lampshades provide sophisti accents to this summery bedroom.



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This is the Jungle.



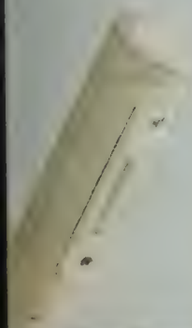
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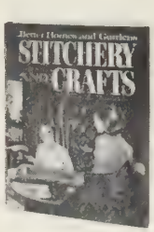
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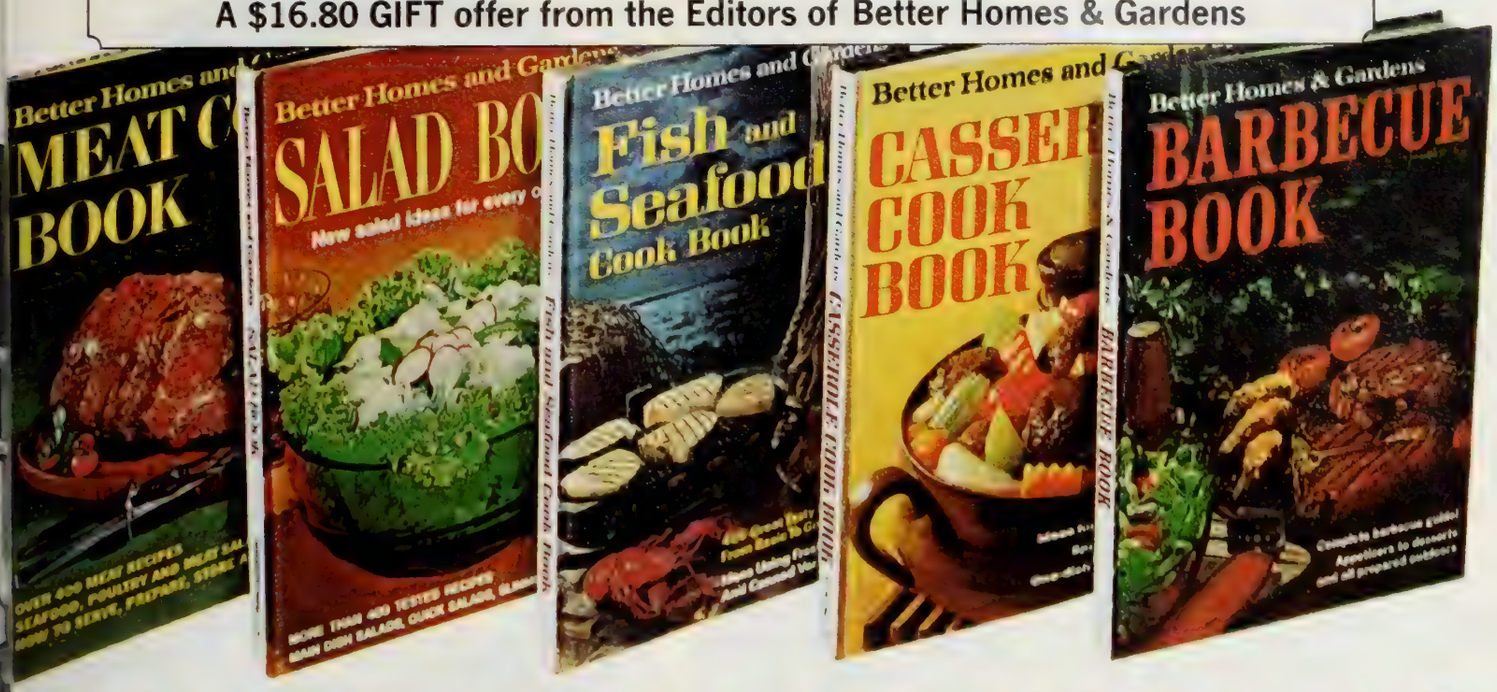
7. Toy chest/bench. With this child-size copy of an American boot bench, your little girl will have a toy chest handsome enough to go in the living room. She'll also have a place to sit that won't leave her feet dangling—the seat is only 14 inches high. Hidden casters make the bench easy to move from room to room. You can antique and add decorative stencils as you please. *Project Plan 3611-2*



8. Young artists' table. This versatile play table and chair provides space for all kinds of activities, plus a shelf underneath for storing toys. The double easel provides room for two young artists, or it folds down to make a big flat tabletop, smooth enough for rolling cars, or playing with dolls or other toys. *Project Plan 3401-4*

Continued on page

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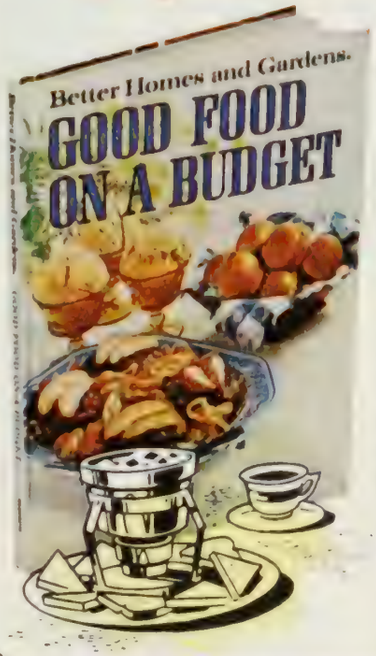


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GARDENING IN OCTOBER

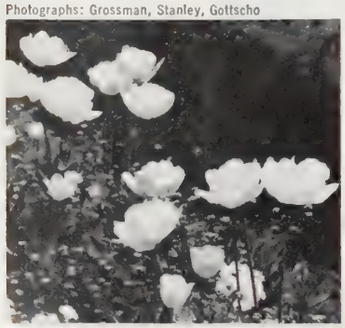
Few flowers are more welcome than tulips and other flowering bulbs that bring the news of spring. And they're even more appreciated because of the minimum care and work involved in getting them established. With proper treatment, tulips, hyacinths, and many other bulbs bloom in almost any part of the country.

It's important to act early if you're interested in starting or adding to your bulb plantings. Deal with a reliable source to obtain clean, firm, unscarred, and healthy stock. Check catalogs to compare the many varieties (or cultivars) that are now available.

When you buy bulbs in a store, you can often separate the good ones from the bad ones simply by picking them up—healthy bulbs are firm, not flabby. Good quality bulbs are noticeably heavy in relation to their size. Tulips are the first spring bulbs that come to mind. But you shouldn't stop there. Experiment with something new each year, including hyacinths and the many "small bulbs" we'll discuss later.

In the North, October to mid-November is the time to plant tulips, while in the lower South, bulbs should be stored in the vegetable bin in the refrigerator or other cool place until late November or December.

Photographs: Grossman, Stanley, Gottscho



Varieties are classified by both type of flower and blooming time—such as "early" and 'May-flowering." With this information you can plan planting areas for the best and longest effect. The actual blooming period will vary in different regions—but the blooming times are still relative, with the same succession.

These are the most common types:

Darwin: May-flowering, with blooms as wide as they are deep, on stems 20-30 inches high, depending on variety.

Cottage: May-flowering, but later than Darwins. The petals are long, forming a deep cup, rounded at the base on stems 20-30 inches high.

Lily-flowered: May-flowering, about same time as Cottage. Beautifully reflexed and pointed petals form fascinating flowers on 20-30-inch stems.

Peony-flowered: Early- or May-flowering, depending on variety. Each bloom has two or more rows of petals on 12-24-inch stems. Flowers last longer than single-flowered varieties.

Species or Botanical: Early- or May-flowering, depending on kind. Group contains many sizes, shapes, colors. Some are multi-flowered. Easy to grow.

Breeder: May-flowering, latest of all. Extra-large blooms on 24-36-inch stems. Unusual dark colors.

Early: First to bloom, usually on short 6-12-inch stems. Blooms may be single or double depending on variety.

Rembrandt: May-flowering, "broken" Darwin tulips. Striped, blotched, mottled. Plant in beds away from other types.

Triumph and Mendel: Early-flowering with blooms on 16-26-inch stems. Some doubles.

Places to plant

Tulip bulbs have an elegant, formal shape, but they are most often used in informal plantings. Formal planting is most successful in a geometric planting bed, usually a straight-edged mass planting.

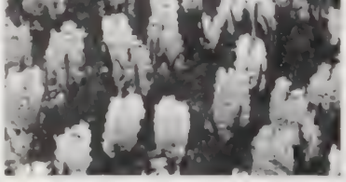


Tulip bulbs are best in clusters or groups of three to five bulbs. Bulbs of the same color and type are best together. Scatter groupings beneath trees, throughout shrubbery beds, around evergreens, in flower beds—anywhere you need a beauty spot of early color.

You can even plant botanical tulips beneath ground covers, so their short-stemmed blooms are protected against wind and rain.

If you plant around evergreens, be sure to place bulbs away from overhanging branches so needled or broadleaf foliage won't shade the developing stem and cause distortion.

Be sure to plant only in well-drained areas—overly wet areas cause bulbs to rot away.



Hyacinths

Nothing surpasses the fragrance and soft pastel colors of hyacinths. It's not surprising that they rank right behind tulips as spring bulb favorites.

Because hyacinths are short-stemmed and soft-colored, it's best to plant them in front of dark evergreen shrubs or in the front of larger flower gardens.

Choose a sunny area and be sure it's well drained. For the best show, plant several bulbs of the same color together.

Alliums

Spring-flowering Alliums (ornamental onions) are lesser known spring flowers. The small blooms, consisting of many small flowers, are round or tennis-ball shaped. The foliage is onion-like and the flowers usually are fragrant. Blue is the most common color, but others are available.

Narcissus

Narcissus (which we discussed in September) can often be planted earlier than other bulbs. Once planted, narcissus form into clumps over a period of years.

Naturalistic plantings are ideal for narcissus (including daffodils and jonquils) because these bulbs like to be left undisturbed. Since they bloom early in spring, narcissus can be planted in shady areas where leaves might hide them later in the season.

Leave the leaves

Bulbs are basically self-contained food-storage mechanisms adapted to live underground. It's important to know that a bu often will not flower again u less its leaves are left to man facture food and replenish t bulb for the coming year.

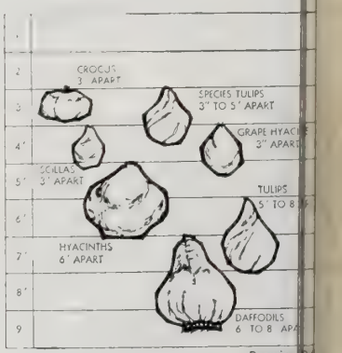
Small bulbs

Small spring-flowering bu don't seem to get the attenti that tulips do, but they can a as much to your garden.

"Small bulbs" or minor bu refers to a wide selection spring-flowering plants. Tho commonly included in this ca gory are: crocus, chionodo (glory-of-the-snow), winter a nite, snowdrop, snowflake, m cari (grape hyacinth), Dutch i fritillaria (guinea-hen flow dogs-tooth violet (erythroniu plume hyacinth, and camassi



Crocus, chionodoxa, and m cari are traditionally the fi ones up and into bloom on spring scene. Even when sn is still on the ground or gras brown, these hardy little bu do their part to brighten thi They bloom in a variety o shapes, low and high. O planted, most will multiply w out special care.



Drawing

Outdoor planting guide

Use this chart as a guide o planting spring bulbs. Spa indicated will result in e blooming effect. Planting d is on left edge of chart. F best results with tulips, digu and replace them every ya Daffodils, crocus, and o bulbs will do well year a year. *Continued on page 7*



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Sewing with pile fabrics

Crisp fall weather and school days call for fashions made of pile fabrics. They're endlessly versatile, ranging from practical corduroy to plush velveteen and velvet. Because of their distinctive napped surface, all pile fabrics require special handling in sewing.

Some pile pointers

To show off the rich tones of the napped surface most effectively, choose a simply designed pattern with a minimum of darts and seams. Always check the "With Nap" yardage on the pattern envelope when buying pile fabrics and follow the "With Nap" layout when cutting out your garment. Alterations made after cutting affect the pile and are noticeable in the finished garment so fit and adjust pattern pieces before you cut any pile fabrics.

Lay all pattern pieces on top of the fabric with the nap running the same way. To determine the direction of the nap, stroke the fabric lightly. The smoother feel is the direction of the nap. Whether you choose to have the nap run up or down is a matter of personal taste. However, you'll find that velvet and velveteen have a richer color if the pile goes up toward your face. You can cut corduroy this same way if color is your prime concern. But if you want your fabric to wear longer (as with children's playclothes), cut pattern with the pile running downward.

Take care not to mar the surface of pile fabrics when marking your pattern. Any marking method can be used with corduroy but tailor tacks or pins and chalk are recommended for velvet or velveteen. Stitch velvet with silk thread, and velveteen and corduroy with silk, mercerized cotton, or cotton-covered polyester. Since velvet is inclined to pucker and shift while you're stitching, hand-baste with small stitches.

Where facings don't show, eliminate bulk by using taffeta or a firm, silklike fabric. It's usually not necessary to underline pile garments; lining is optional. When you use the latter, choose fabrics such as silk crepe or China silk. Interface with preshrunk muslin, batiste, or a similar fabric. Silk organza works well with a soft velvet. Choose a lightweight hair canvas for interfacing coats and suits.

Pressing is tricky with all pile fabrics. Never touch the iron to the right side of the fabric. Always use steam and press lightly. A needleboard helps prevent pile from being matted and flattened when ironed. You can also substitute a leftover scrap of your pile fabric to place under the piece to be ironed. Lay the scrap piece pile-side-up on the ironing board and press the garment on the wrong side.

Plain and fancy pile

Corduroy, the most casual of the family, is generally less expensive than velveteen or velvet. Once corduroy was all cotton but now it's available in cotton/man-made fiber blends and with a permanent press finish. This means you can toss blended and permanently pressed corduroy garments right into the washer and dryer, and they come out ready to wear. Corduroy has wales (ribs) which range from wide to narrow (pinwale). Other variations include narrow-wide combination, waffle weave and ribless corduroy that's so soft it could pass as velvet. You'll find corduroy available in both solid colors and prints.

Velveteen is perhaps the most versatile of the pile fabrics since it can be casual as well as formal. It closely resembles velvet, but is constructed differently. Like corduroy, velveteen is washable and comes in prints and solids.

Velvet, the poshest of the piles, is experiencing a resurgence of popularity, due to the revival of the '30s look. Originally made only of silk, velvet is now usually rayon or nylon. The nylon velvet has a denser pile and is more expensive. Traditionally a smooth-surfaced fabric, velvet can also be found with textural variations. In cut velvet, for example, the design is cut into the pile and in panne velvet, the pile is pressed in one direction. Of all the pile fabrics, velvet is the most difficult to sew but handled properly, it can be the most rewarding for the home sewer. Certain velvets call for extra caution because they have a tendency to stretch. When cutting out a pattern, lay fabric on a smooth, flat surface and don't allow any excess to hang over the edge. Sew a piece of tissue paper into curved edges (necklines, armholes, etc.) when stay stitching a garment to help retain the shape. Then remove paper after seam is stitched. It's wise to cover nearby surfaces before sewing with velvet because those short pile threads are hard to control

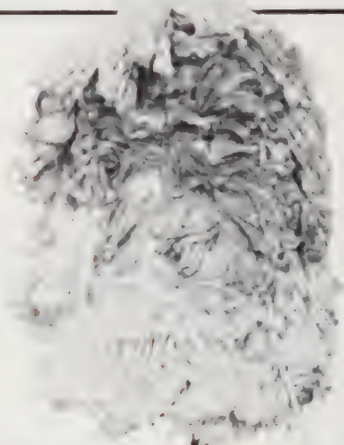
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Advertisement

RDENING IN OCTOBER

n page 172

plant bulbs for forcing

pring bulbs, including yacinths, and even nar- nd crocus, are suitable ng in pots in the green- r home. Bulbs to be eed from about ten to s of chilling at 40° or fulfill the requirements mant period—otherwise ot grow well.

the bulbs in pots in the re taking them inside ng. Place the pots in a ce such as in a cold- buried in the ground tected place. Water the l at first and keep the st to encourage root n until cold weather Use good potting soil ts.



ry the pots, cover them h four to five inches of everal inches of peat other mulch material. the potted bulbs inside t ten weeks—the bulbs ve developed roots and ible shoots.

North, bring bulbs in verely cold weather. In South, you may have he bulbs under, refrig- o fulfill the cold re- t. Or, you may be able lbs that have had the ment already.



eep all bulbs brought rcing at not over 50- s. If you take them cold and place in the mediately, the marked temperature may be kill the tender flower prevent blooming. A ansition will help en- ss.

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CENTRAL MEXICO AND THE SEACOAST

By Peter Lindberg, Features Editor

Most Americans who've been to central Mexico can judge it about as well as they could a diamond. If they've been to Acapulco (the Miami Beach of Mexico), they'll tell you all about the flash and glitter. If they've been to Guadalajara or Taxco or the other handcraft centers, they know how much you should pay (and where to buy it). If they've been to Mexico City, an eight-million-population metropolis, they speak of history, exchange rates, and traffic problems.

These errors are understandable, for central Mexico is an immense piece of high-mountain country easily the size of Alaska, sealed off to the west by the forbidding Sierra Madre Occidental range and on the east by the towering Sierra Madre Orientals. To the south, still another mountain range bars the way to the tropical coast and its palm-dotted watering spots like Acapulco.

Known as the *altiplano*, this central highland country of Mexico soars from a mile to a mile and a half high, spiked with volcanoes like Popocatepetl that jut up 17,000 some feet. It's a land where the sun carries a hard brilliance, and the thin alpine air can turn chilly, even at midday. Villages here can be two miles apart by air, but ten miles from each other by twisting mountain road; it's a country where travel is measured by hours, not miles—and if you've driven here, you'll leave knowing exactly why the mule is still popular.

From a mountainside like the one pictured above (1), beyond tiny farms carved from volcanic soil, the peaks and valleys hide the remains of a violent past: ruined cities of the Aztecs and the Toltecs; decaying relics of the Spanish invasions in the 16th century; countless monuments to the rebellion against Spain. Here you'll also find the great metropolises of Mexico City and Guadalajara—and quiet villages like Guanajuato, standing much as they did a century ago.

Yet to the south across the Sierra Madre del Sur range lies the other face of central Mexico: its tropical beaches. Here fishing villages nest in sheltered coves, strips of scorching, white-sand beach stretch into the salt-



haze, and bright poinsettias embroider the groves of pungent jungle. Yet this is as much central Mexico as any remote, arid, mountain plateau to the north . . .

THE CITIES

● **Mexico City.** Set on a huge dry lake bed 7,000 feet above sea level, the oldest city in North America is anything but a predictable metropolis of eight million. It's ringed by snow- ▶

CENTRAL MEXICO AND THE SEACOAST

capped volcanic mountains, with thin, oxygen-poor air that slows your steps; yet its parks and lagoons are authentically tropical, with leafy palm trees, brilliant gladiolus and roses, and reed-lined waterways. Its main drives, like the Avenue de la Reforma, bristle with heavy traffic into the late hours; but two blocks up a narrow side street, the loudest noise may be the rattle of an ancient bicycle. A great glass-sided skyscraper reflects the blinding sun—and in its shadow stands a rough-hewn stone church built four centuries before. Smart shopping districts like the Pink Zone trade in exotic leathers, glassware, and silver; along the Reforma a block away, bright canopies flutter above rough wood stalls where sales run heavy in gaudy, clay-and-wire toys, balloons, and souvenirs (2).

But it's on the streets where your senses take the biggest jolt: a liveried chauffeur waits beside a black limousine, and a few feet away, a rag-clad *pelado* (the poorest of the poor) begs mutely with her hand; an elegantly turned-out matron window-shops next to a Morelos man in his shapeless cotton suit; by a traffic light, a sombreroed, bare-legged Indian waits stolidly beside two mini-skirted girls.

3



Of all Mexico City's lures, it is its history that hypnotizes you. You can see it alive on weekends in Chapultepec Park, a 1,300-acre complex dotted with lakes and laced by paths that wind under ancient trees. Here hundreds of Mexican picnickers boat on the lagoons, ride a puffing, miniature train through the oldest zoo in the Americas—and wander subduedly in the awesome Museum of Anthropology, capped by a giant umbrella-shaped patio roof and packed with skeletons, carvings, and relics.

You can sample history another way at the Ballet Folklorico, where Mexican legends and song come vividly to life. On a Sunday, you can watch the floating gardens of Xochimilco turn into an impromptu native festival, its lagoons filled with flower-decked floating bandstands and rental boats (3).

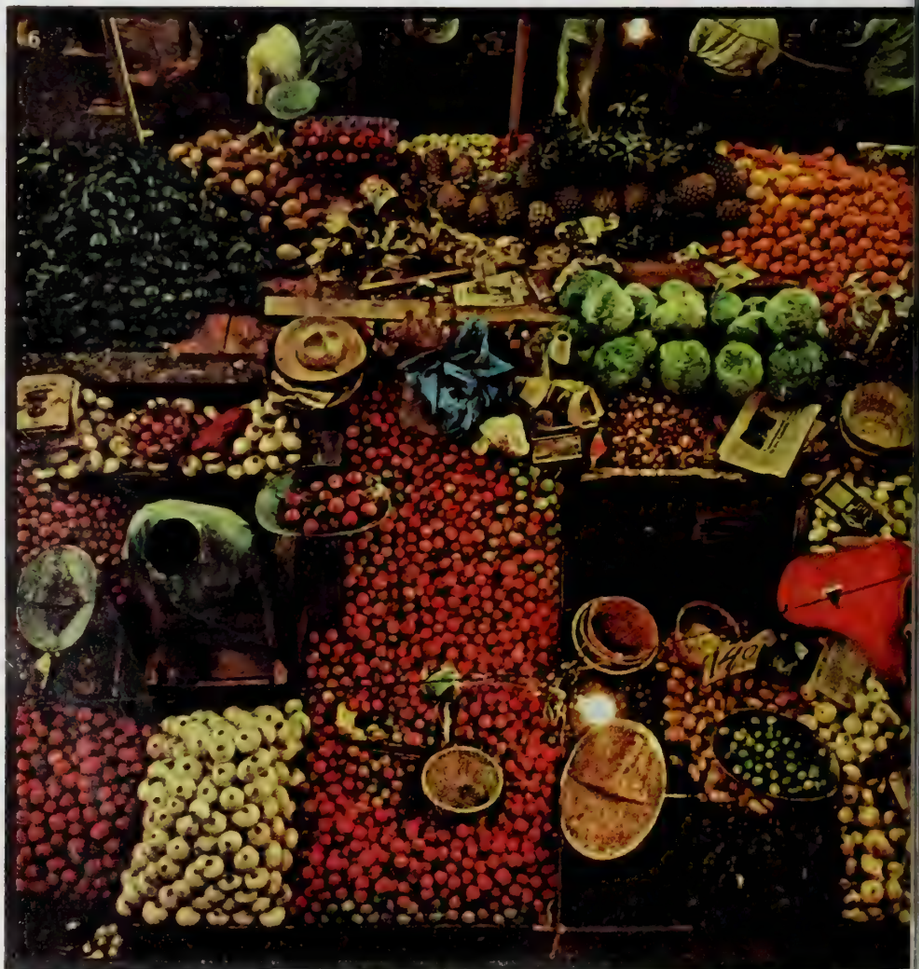
But history comes in more traditional form too. Along the wide, tree-lined Reforma Boulevard, once an Aztec causeway, loom grand monuments and statues of Mexican heroes. Nearby Zocalo, Mexico's largest plaza, has witnessed revolutionary skirmishes, marathon fiestas, coronations (and even a bullfight); here you'll find the block-wide, turreted National Palace, the rococo, colonial-style Palace of Justice, and looming over the plaza, the massive stone La Catedral, the oldest (and the most elaborate) church in Mexico.

Yet all this is but a hint of Mexico City's allure. To see it right, begin with a guided tour (arranged at your hotel travel desk). Then, with the main landmarks clear, do some exploring on the city's new, antiseptically clean El Metro subway, which whisks you around for a peso (eight cents)—and by cab, where a dollar takes you surprisingly far.

• **Guadalajara.** To one of its residents, Guadalajara today may seem a far cry from the days when it was a placid, park-filled colonial capital overlooking the Atemajac valley. Yet to







anyone fresh from Mexico City, Guadalajara still is much the 19th-century Spanish city, even though its million-and-a-half population makes it the second-largest city in Mexico. Here, a mile above sea level, summer lingers on most of the year: flowering trees and shrubs perfume the plazas and parks; fire-red poincianas edge the pathways, and scarlet bougainvillea trail around the gurgling fountains; on any warm night (and most of them are), the Plaza of the Mariachis echoes with the songs of the wandering bands.

Around Guadalajara's central plaza stand ornate tributes to its Spanish origins, from the much-repaired, 16th-century Cathedral and its 200-foot sandstone bell towers (4) to the stately Capitol, refuge for revolutionary leaders since the 1800s.

But not all of Guadalajara's charm is in its architecture. The vast Libertad Market (rated one of Mexico's best), is literally a rainbow of living color—crowded with great racks of yellow squash, golden oranges, crimson apples, and tomatoes (6). From the balcony, the fruit and vegetables make a pungent patchwork of hues that stretch hundreds of feet.

At the nearby Hospicio Cabanas orphanage (and at the University of Guadalajara), you can sample another of this city's treats; the boldly etched murals of Jose Orozco, famed Mexican muralist. The Orozco studio, near Minerva fountain, holds dozens of his paintings.

Yet much of Guadalajara's appeal rests on its art-crafts. At the Avalos Glass factory, you can watch glass-blowers puff graceful goblets and pitchers from molten glass. Five miles from town, near the shimmering, 65-mile-long Lake Chapala (5), lie two more craft centers—Tlaquepaque (21), and Tonala, where potters' shops turn out everything from scented water jars to glazed, china-like dishes (20).



THE HISTORY

• **The ruins.** On the top of the Pyramid of the Sun, 200 feet above the sun-baked, crumbling ruins of Teotihuacan, a hot, mesquite-scented wind stirs the dust on the gray stone slabs. Below your feet, hundreds of terraced steps stretch down to the shimmering, half-mile-long courtyard. At the opposite end, flanked by smaller pyramids, the 150-foot-high Pyramid of the Moon rears up from the brown plateau land. On the columns of a building, eroded by the mountain winds and rain, are intricately carved butterfly-birds; from a small pyramid rear the stone heads of the feathered serpent-god. The carvings stand mute watch over the silent courtyards, plazas, and walls decorated with paintings of jaguars—where only a few bones and obsidian spear points mark the remains of a mysterious civilization (8, 9, 10).

Though the history of Teotihuacan—the place where gods dwell—is sketchy and its founders unnamed, it was the center of a great prehistoric civilization. The Pyramid of the Sun, once smoothly covered with red stucco and crowned with a ceremonial temple, bulked over an ancient city of more than 100,000. More than 2,000 years ago, these people crisscrossed the valley with irrigation ditches, built the massive ceremonial pyramids, and set up elaborate trade networks across central America. Then in the eighth century, a fire swept the city, and the huge buildings stood abandoned.

Northwest of Teotihuacan lie the ruins of Tula, the capital of the warlike Toltec Indian civilization that flourished after the eighth century. Less majestic today than Teotihuacan, the Tula ruins still bear some reminders of its greatness: the Temple of Quetzcoatl, crowned by its enigmatic, carved-stone statues that once helped support a temple (7); the battered remains of the Burnt Palace, with its sacred fire pits; the Wall of Serpents, a bloody fresco carved in macabre detail.

These two ruins, just outside Mexico City, represent just a part of the prehistoric Mexican civilizations (from the Mayans to the latter-day Aztecs) Yet combined with the ruins of Tajin in the north and Monte Alban to the south, they dramatize the complex web of cultures that produced the Mexico that exists today.

• **The Spanish Colonial past.** From 1517, when Cordoba and his three Spanish ships anchored off Yucatan, until 1821, when it declared its independence, Mexico chafed increasingly under Spanish rule.

Its first taste of large-scale violence came in 1519—compliments of Cor-▶









CENTRAL MEXICO AND THE SEACOAST

tez, who gathered thousands of Yucatan tribesmen and massacred the Aztecs at Cholula. From there Cortez marched to what is now Mexico City, and captured Montezuma, the Aztec ruler; two bloody years after, Cortez held the Aztec capital. In quick succession, Spanish invaders swept central Mexico and subdued the Indian nations—and Mexico suddenly became "New Spain."

For years, the Spanish grip grew stronger: forced labor by the Indians; domination by the energetic church; heavy taxes; limits on crops. Secret societies grew, and leaders like Hidalgo and Allende plotted riots. Until 1812, war was a way of life. Then in 1812, Spain softened its hold—and in 1821, finally gave up.

By driving a loop from Mexico City to Guadalajara and back, you can trace the days when central Mexico was "New Spain." More than anywhere else, you'll find dramatic reflections of this chaotic era in Mexican history: old Spanish forts like the somber Granary in Guanajuato; Morelia, one of the most aristocratically Spanish towns of colonial time; the fortress-convent museum in Yuriria; the narrow streets and quiet plazas of San Miguel de Allende, which witnessed the massacre of its Spanish garrison in 1810.



GETTING AWAY FROM IT ALL

Very few of us would be caught saying that we'd "seen" Mexico if we'd spent a few days in Acapulco or Mexico City. Yet it's often too easy to stick by the more familiar metropolises and talk yourself into thinking that they're Mexico enough for you. If you do, though, you're missing out on a rarity today: the chance to drop back in time a hundred years or so in a foreign country, where you can live what others only read about.

In Mexico, this kind of experience poses no great problem. A rental car (about 16 dollars a day), a road map, and day's worth of driving will put you into a Mexico that's all too quickly disappearing.

• San Miguel de Allende. Not quite 200 miles northwest of Mexico City's vibrating streets, tucked into upland hills where curious cattle roam across the winding roads, is San Miguel de





Allende (13). If you arrive here at dusk, when the sun lights up the weathered stone spires of the churches and the dusky red tiles of the mansion roofs, you almost expect to see caped and robed Spanish townspeople of the 18th century out for an evening's walk. Along a narrow, cobbled street, a burro pulls a creaking cart toward the plaza; behind him tag a pair of inquisitive dogs; from above, a nighthawk's scratchy burr echoes once and fades away.

A wealthy mining village in the 18th century, San Miguel became a beehive of revolutionary plots in the 1800s. On several building walls, you can read plaques that tell of the secret meetings, some of them staged during colorful costume balls. (Because it figured so much in the revolution and remains so intensely colonial, San Miguel has been declared a national monument—and all new buildings must be designed to match the old.)

Since you're sure to be distracted by the tiny shops with their intricate tinware, pottery, and cotton designs, (and by the aromas drifting from the sidewalk cafes), take several strolls past the ornate buildings of another age. On one corner sprawls the Church of San Miguel, festooned haphazardly with arches and towers; at the corner of the plaza stands the House of the Count of Canal, with its carved stone and wrought iron the most regal of San Miguel's mansions. Scattered nearby are baroque churches like La Concepcion, capped by a sweeping stone dome.





• Guanajuato. Fifty miles north of San Miguel, its mansions and churches sandwiched into a narrow mountain canyon, lies Guanajuato. Once a rich silver-mining village like San Miguel, it too was swept up in the swirl of violence of the revolution—and survived to become one of the quietest of the colonial towns (11, 15). So authentic is Guanajuato's aura of the ▶



CENTRAL MEXICO AND THE SEACOAST

past that university students stage torch-lit, costumed plays in the tiny plazas; if you stumble onto one of them suddenly, it's like a scene straight out of old Spain.

Three evenings a week, the Jardin plaza, lit only by lantern, becomes a vignette of Spanish colonial time: couples fill the lacy, wrought-iron benches; a small band, squeezed into the tiny, filigreed bandstand, plays mariachi tunes; young couples act out the traditional *paseo* courting game. Between numbers, you may hear the







accents of several languages, for Guanajuato is home for many artists.

From the Jardin, you can hike the tortuously winding streets (some wide enough for only two people) to Guanajuato's landmarks—from the windowless Granary (once a revolutionary fort and prison) to Teatro Juarez opera house, built of green stone and bedecked gracefully with columns, bronze figures, and filigree work like some oriental palace.

● **Taxco.** To many, Taxco means silver—and rightly so. It first came to life in Cortez's time, when he built a town to mine the vast deposits. Then in the early 1700s, Taxco turned boomtown after a French miner named Borda struck a bonanza.

Today, the miner's mules wouldn't seem a bit out of place on the cobblestoned, curving lanes. The miner might well feel at home too, for the tiny, whitewashed houses with their crimson-tiled roofs are much the same as they were when the hills rang to picks and shovels.

Still, Taxco qualifies easily as a colonial retreat (12, 14). New buildings must blend into the older sections, where you'll see colonial masterpieces like the twin-spired Santa Prisca church (16)—often called the handsomest church in Mexico (thanks largely to miner Borda's silver-edged gratitude). Silversmithing here is considered a high art, and workshops by the dozen dot the streets.





THE SOUTH CENTRAL COAST

● **Acapulco.** At first glance, it's all too easy to class Acapulco as just another luxury spa. Certainly it has the trappings of a high-rent, flee-from-the-winter retreat: ultra-expensive resorts with private beaches, clubs, and tennis courts; billfold-pinching restaurants; exclusive shops with rarefied prices.

There is some truth to this plush image, as there is for any tropical coast resort. But fortunately, the Sierra Madre del Sur mountains crowd the coastline—and add another dimension. They give Acapulco's coast its deep, high-walled coves, sheer granite cliffs (where divers plunge 125 feet to the seas), and cool, rock-strewn lookout points (19). The mountains also press the resorts and shopping areas tight against the beach, leaving the ridges, upland valleys, and rock-bound coves tranquil and relatively deserted.

And partly because of the exchange rate advantage (12½ pesos to the dollar), you usually can find a comfortable beach-front hotel for $18 to $24 a day (double). There *are* lavish hotel shows and clubs, but you can eat well in the evening at restaurants like Carlos and Charlie's or El Paraiso for five dollars. For though many of Acapulco's visitors fit the yacht-and-tennis role (especially in winter), a number come traveling light for a long budget weekend.

Acapulco's beaches most often have a crowded, carnival air, with vendors hawking everything from stuffed turtles to brightly hued rugs. To get around this, you can come early (for days begin late here), or you can take a cab or bus to Caleta Beach and hire a boat (32 cents) to take you to the clear, quiet waters of Roqueta Island. For five dollars, you can rent snorkeling gear and take an undersea adventure unique to Caleta: a dive to

Continued on page 188

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Photograph: Tony Swan



Utah's fifth national park

Appreciation of nature, like fine art, can be a matter of perspective, as in the case of the old cowboy who scratches his head over the annual influx of visitors to Utah's Arches National Park (formerly a national monument) and allows as how "there's nothin' out there but a bunch of rocks with holes in 'em."

By the latest score, the park contains 90 arches—windows in the rock measuring at least ten feet by ten—which makes this the greatest concentration of natural arches in all of Utah's wildly carved red rock country. There are also scores of spires, pinnacles, and balancing rocks, and unless you respond to this splendid battleground of wind, water, and sandstone like the old cowboy, this new national park is almost certain to stir your imagination.

Once a vast coastal desert of windblown sand, the Entrada Sandstone that accounts for almost all of the park's terra-cotta scenery has been at war with nature for 150 million years. The unending assaults of running water, freezing and thawing, and wind-driven sand have produced a landscape that is somehow simultaneously massive yet fragile.

Spanish explorers, pushing up from the south, were the first Europeans to see southeast Utah and the country that comprises Arches National Park, but no permanent settlers moved in until the late 19th century, when the Mormon town of Moab, about five miles from the park's main entrance, was founded. The town grew slowly until the uranium boom of the 1950s ballooned Moab's population from a sleepy 800 to 8,000 by 1960. When the pitchblende rush ebbed, Moab's population stabilized at about 6,000, wit Charlie Steen, the man wh made the original uranium strik in 1952, among the permaner residents. It is a pleasant tow with 13 motels, two gue ranches, seven trailer courts, an a commercial airport, served b Frontier Airlines.

Arches National Monumer was established in two sectior in 1929, with a joining sectio added in 1934. The area wa dedicated as a national par Utah's fifth, in May of this yea

Visiting the older monumer section of the park is easy. A excellent paved road will tak

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close to most of the known
ies. The Windows Section of
park, a concentration of sev-
arches with the 12,000-foot
ks of the distant La Sal
ntains for a backdrop, is at
roadside, and there are
gh turnouts and overviews
ake your trip exciting with-
any hiking.

owever, the scenic rewards
the hiker are considerable.
paved road ends at a camp-
nd and picnic area, with a
mile trail into the Devil's
ground beyond. Along the
are seven arches, including
ine Arch, 291 feet long and
ved to be the world's long-
natural stone span. In the
heast part of the park, Deli-
Arch, reached via a one-
a-half mile hike, is a peren-
favorite with visitors, as is
nearby Fiery Furnace sec-
accessible only on foot.

ne name Fiery Furnace
es from the rich red color of
large section; it is actually
ral degrees cooler than other
s of the park, and there are
mber of deep places within
mazelike fins and folds
e the sun never hits the
nd. Hikers lose their way
astonishing ease in the
Furnace. If you're inter-
in making the trek, in-
about guided hikes when
pick up your park map at
visitors center.

ot all of the park is as ac-
ble as the monument sec-
but there are some capti-
g formations strung along
ackcountry jeep roads, such
e Marching Men, a series
ertically eroded sandstone
nns. Your guide will point
he sergeant, corporal, and
mer boy marching ahead
e main body of troops.

ep touring also will add a
more adventure to your
g as the guide takes his
nt up slick rock ascents fit
mountain goat, or churns
edly down one of the many
sandy washes. One of the
al treats of this trip is the
n break, where you'll be in-
iced to Mormon Tea, a
that grows in the area and
s up into surprisingly pala-
tea; to "leaverite," as in
erite there," a good piece
vice for would-be rock col-
rs; and to the work of the
nond-billed rockpecker," a
tall tale that accounts for
oles in the rocks.

g-A-Long Tours, Joe Lem-
Tours, and Lin Ottinger
s, all based in Moab, oper-
ep tours of the park's back-
ry, as well as to nearby
onlands National Park.

ere are plenty of eye-filling
trips out of Moab, should
lecide to extend your visit.
The drive on Utah 278, on the west bank of the Colorado River, is a must, and Dead Horse Point State Park, at the end of the pavement, offers some fine canyon overviews as well as campsites. Canyonlands Park may also be reached via this route.

Utah 128 northbound out of Moab parallels the Colorado's east bank as far as a formation called Fisher's Towers, and also provides an opportunity to take a loop drive through the La Sal Mountains, named by the Spanish, who mistook their spring snowcaps for salt. Watch for the Castleton turnoff eastbound.

Moab is also headquarters for jet boat, canoe, and float trips on the Colorado and lightplane tours over the canyon country to the south.

Although the Arches area gets its heaviest traffic during the hot summer months, late spring and fall are rated as the best time to visit. In early May and through much of October, you'll find wild flowers scattered across the meadows.

Arches National Park and Moab are most easily reached via US-50 southbound from Salt Lake City.

For additional information, contact the park superintendent in Moab 84532; the Moab Chamber of Commerce; or the Utah Travel Council, Council Hall, Salt Lake City, Utah 84114.

Portland's park showplace

The city of Portland, Oregon, is a West Coast leader in maintaining a healthy balance between its concrete and its foliage. As a consequence, the community is adorned by a broad green belt—six parks totaling some 5,000 acres of which the jewel is Washington Park, a recreational cornucopia that includes Portland's celebrated Rose Test Gardens, the Japanese Garden, the Hoyt Arboretum, the Western Forestry Center, the Oregon Museum of Science and Industry, a miniature railroad, and a zoo with some exciting plans for its future.

The $2.5 million Forestry Center, housed in two handsome octagonal buildings, represents an architectural achievement as well as an educational project. It is the replacement for Portland's famed Gallery of Trees, the 1905 Lewis and Clark Exposition building constructed entirely of giant logs, which burned down in 1964. The new Center, completed in June of 1971, combines many kinds of wood in its construction and is worth seeing as an impressive example of wood-working art alone.

But the Center's main purpose is to educate the public in forest use and management, and its messages are tailored for youth. Inside you'll find the Talking Tree, a seven-story stylization that accompanies its push-button-activated discourse on a tree's life processes with lights that flash on and off in appropriate areas of the tree. Other displays illustrate tree farming, reforestation, harvesting, and milling. There's even a simulated forest fire, complete with the smell of smoke.

The Center also plans to organize tours of the Hoyt Arboretum, where some 600 species and varieties of trees, foreign and domestic, are represented. Inquire at the Center concerning the tours and the special monthly programs. Admission is $1 for adults, 50 cents for students, servicemen, and senior citizens; children under six are admitted free. The Center is open 10-5 Wednesday through Sunday; closed Monday and Tuesday. A special weekend feature is the showing of free movies at 1 and 3 p.m. daily in the theater building.

Another of the park's attractions that you may have trouble extracting your youngsters from is the Oregon Museum of Science and Industry, or OMSI, as it's known to Portlanders. Generally regarded as among the top half-dozen science and industry institutions in the country, OMSI takes in an average of about 2,000 visitors per day, and holds most of them in fascination for hours.

The range of fare in OMSI's displays is broad and imaginative, including: a walk-through heart; a walk-in DC3 that tells the story of its millions of air miles; a planetarium; a baby chick (and duck and turkey) hatchery, where touching is encouraged; a ship's bridge; a genuine periscope; a talking Transparent Woman. You can conduct your own electrocardiogram reading, pilot a wind tunnel airplane, or test the sensitivity of your hearing.

Among the most exciting features of OMSI is its new Hall of Electricity, where 57 push-button-activated displays illustrate all the theories of electricity. You'll leave with a much clearer understanding of the difference between AC and DC, as well as a glimmering of some electrical principles whose existence you never even suspected.

Besides its displays and rotating exhibits, OMSI always has something going on in its two auditoriums. The winter hours



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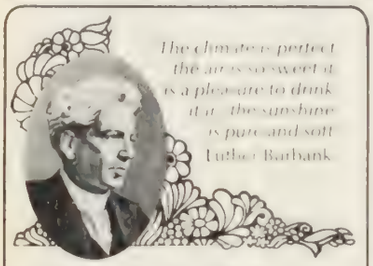
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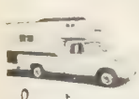
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are 9-5 Monday through Thursday; 9-9 Friday; 9-6 weekends. Winter planetarium shows are held at 3:30 Monday through Thursday; 3:30 and 7:30 Friday; five times daily weekends. Summer hours are 9-6 Monday through Thursday; 9-9 Friday, Saturday, and Sunday. During the summer there are five planetarium shows daily Monday through Thursday, with a 7:30 p.m. show added to the schedule on Friday, Saturday, and Sunday. Admission is $1 for adults and 50 cents for students.

The zoo? Well, aside from a bull elephant named Thonglaw whose prowess as a sire has made him much in demand in American zoological circles, the Portland Zoo has until now had nothing in particular to distinguish it from other traditional American zoos. But its new director, Dr. Philip Ogilvie, and a dedicated staff plan changes soon. The theory now central to the Portland Zoo project is this: Traditional zoos are demeaning, not only to their animals but to visitors as well; patrons of traditional zoos don't get anything approaching a realistic look at animal behavior: the animals, existing in an environment roughly as hospitable as Mars, regularly develop a bewildering variety of psychoses.

The zoo of the future, as pioneered by institutions like the Arizona-Sonora Desert Museum, will display animals living in natural habitats and natural social groupings. By the end of this year, Ogilvie and his staff hope to have completed African veldt and seal-sea lion habitats —the first two installments of a plan certain to transform Portland's zoo into a bench mark for future zoological efforts.

The Portland Zoo is open daily 10-4. Admission is 75 cents for adults, 35 cents for children 6 to 15, with kids five and under admitted free.

Although the zoo shares a vast parking area with OMSI and the Western Forestry Center, it's more fun to enter via the Portland Zoo Railway, which runs from the Rose Test Gardens during the period June through Labor Day, and from the zoo terminal the rest of the year. The ride is about four miles long, and you can choose between a diesel streamliner and an 1876 steamer, both five-sixths scale models. To get to the Gardens, just follow the signs from the upper end of the main parking area. The ride costs 80 cents for adults, 50 cents for children. During spring and summer months the trains operate daily,, with nighttime rides available during July and August and on Halloween. During the winter, the trains operate only on weekends.

To reach the main Washington Park Complex, take US-26 from downtown Portland, then follow the signs.

Historic Sutter's Fort

The discovery of gold at Sutter's Mill in 1848 made a lot of people rich, but not the man who owned the property. The gold rush brought John Sutter only trouble and despair.

Earlier, Sutter had prospered at a number of activities. After erecting Sutter's Fort in what is now Sacramento to protect the land granted him by the Mexican government—76 square miles that he named New Helvetia—he milled flour, raised wheat, ran a boat service to San Francisco, generously played host to such early pioneers as Captain John Fremont and his guid Carson, and provided a s supply center and temp home for settlers makin long trek over the Sierra Ne All went very well with hi nearly a decade after he bu fort in 1839.

But when gold was fou the construction site of his mill at Coloma—about 50 from the fort, on the south of the American River—S fortunes drastically change workers threw their tools to join the frantic prospe and the greedy newcomers squatted on his land bor money that few of them ev paid. By 1849, he lost poss of his holdings.

The fort fell into ruins a mained in that condition u was donated to the state in Then reconstruction bega has continued ever Around the large central ing of the original fort, buildings and outer walls been gradually restored. visitors a good insight into people lived here in the rush days and during the ha ten years that preceded ther

Now a state historical m ment, the fort is located at L Street in Sacramento. It's daily from 10 a.m. to 5 p.m cept on Thanksgiving, Chris and New Year's Day. Th mission price of 50 cent adults includes the use of a less headset that gives you corded background inform on all the exhibits. Childre der 17 are admitted free charged 25 cents if they wa use a headset.

The entrance fee also a you to visit the State H



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useum right outside the fort. is small but excellent museum crammed with intriguing arti-ts of the Indians of California. ow at least two hours to do tice to both places.

Off-season Catalina

For over half a century, Santa talina Island has been the fa-rite watering place of Los An-es. Hundreds of thousands of tors swarm Avalon's narrow ets during the summer nths, until the little town of 20 is swollen to a population 10,000 and more.

Avalon exists for its visitors; principal industry for the last years has been the happy di-sion of weekend vacationers. once Labor Day has passed, lon suddenly stops straining seams. By October the sea-al businesses are closed and lon settles into a sleepy and nfortable skeleton schedule will last until Easter. Only Avalon regulars remain, a worn from the annual wave humanity that washes over n yet somehow fails to touch n in any permanent way.

o see Avalon—and Catalina ithout its peak season com-nent of vacationers is to par-ate in an intense and enjoy-short course in island psy-ogy. The vicissitudes of life oisy Los Angeles, 22 miles y, don't seem to touch the linians. Their lives are com-able, their dreams and ambi-s modest, and their existence mingly insular.

ne of the first things you'll ce is that all the residents of lon seem to know each other irst name. And then certain lina colloquialisms will be-to catch your attention. Company" is a household se in Avalon. It refers to the a Catalina Island Company, h owns 95 percent of the is-and attends to its various mercial pursuits. References ne mainland usually involve expression "over town," ning not only Los Angeles he world in general.

ne island hasn't always been nsulated, though, and some e chapters of its history are colorful. Discovered in by the Portuguese explorer Juan Rodriguez Cabrillo. sland has served variously nuggler's lair, hunter's base, rader's outpost. California's gold discovery took place in 1830, 19 years before stampede to Sutter's Mill. mining activity continued 1864, when Union troops pied the island. The bar-built by the Union soldiers stands at Two Harbors, on thmus between the eastern and western halves of the island.

Lee De Forest, inventor of the radio tube, conducted his experiments on the island in 1902 and in that same year established the world's first commercial wireless telegraph station on Santa Catalina. Zane Grey made the island one of his many homes, and the adobe he built, overlooking Avalon Bay, is now a charming hotel.

Santa Catalina's modern history began in 1892 when the three Banning brothers—Judge J. B. and Captains William and Hancock—acquired the island and two years later formed The Company with the aim of developing Catalina as a pleasure resort. In 1919 the late William Wrigley Jr. acquired controlling interest in the company for $3 million, and control has remained in the hands of the Wrigley family since.

To date, development on Santa Catalina Island has been rigidly controlled. Of Avalon's 796 acres, only 30 percent is independently owned. The interior of the island is open only to the Inland Tour buses, qualified residents, and airport transportation. The islanders proudly refer to the airport by its full name: The Airport in the Sky.

The Company's plans for Catalina's future call for a good many more people—12,000 in Avalon, 6,000 at Two Harbors, and a small but posh 25-acre residential enclave at Hamilton Beach—in an effort to provide a more stable year-round economy on the island. But for the time being, off-season travel to Catalina will continue to be as warm and relaxing an experience as it has since the Bannings formed The Company 78 years ago.

There is a small penalty to be paid for your slack-season visit. All sight-seeing tours operate on slashed schedules, and the Flying Fish and Two Harbors boat trips shut down from October through April. Operating year round are the Seal Colony boat trips ($1.50 for adults, $1 for children 5-12) and the Glass Bottom boat tours ($2.50, kids $1.50).

The island's most interesting excursion—the three-hour-and-45-minute Inland Motor Tour—tends to be improved by light off-season patronage. The driver has time to personalize his remarks and make longer stops at points of interest. These include the Airport in the Sky; El Rancho Escondido, where you'll get a close-up look at some champion Arabian horses; the old Eagle's Nest Stagecoach Stop, which dates back to the days when a stage line operated on Catalina. You'll also see buf-

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falo, a herd established with 14 imports brought in for the 1925 filming of *The Vanishing American*, wild goats, thought to have been introduced by the Cabrillo expedition, and white-face beef cattle. Wild boar, mule deer, fox, and ground squirrel round out Catalina's list of ground dwellers. More than 100 species of birds have been observed on the island.

The inland tour costs $6.75 for adults, $3.75 for children, and operates once daily.

In Avalon the cactus gardens fronting the William Wrigley Jr. Memorial—known to irreverent islanders as "The Mausoleum"—is a very pleasant spot, and the Catalina Museum, housed in Avalon's charming Casino, is open on a weekends-only basis during the slack months. No admission fee is charged.

Leaving a place like Avalon is never a very happy undertaking, but the best way to make the transition from island to mainland is via seaplane. Amphibians operate daily out of San Pedro and Long Beach, and a flight on one of them is a step backward into the era of the trans-Pacific clippers of a quarter-century ago.

The pilots who handle these awkward-looking little Grumman flying boats are incredibly skilled; if you have a spare hour or two, it's fun to watch the seaplanes come swooping into their landing areas.

Your captain may look like a character straight out of *Terry and the Pirates*, alert blue eyes peering out of a seamed, suntanned face, battered old freighter captain's peak cap snugged down on close-cropped graying hair, strong hands obviously blindfold-familiar with every control in the cockpit. The plane waddles down a ramp into the water, then roars out into the takeoff lanes, skipping heavily from wave to wave as the captain patiently drags the control yoke back and forth until he's finally able to snatch the heavy hull free of the water. The whole takeoff lasts a matter of seconds, but once you're airborne you'll find that Avalon is already becoming an intriguing but somewhat indistinct memory.

The one-way seaplane fare is $8.60, and you can fly either to Long Beach International Airport or Catalina Terminals in San Pedro. Catalina Air Lines, a division of Golden West Airlines, operates turbo-prop service to the Airport in the Sky from Long Beach (also from Santa Ana and Los Angeles International during summer months), as well as seaplane service to Avalon and Two Harbors. Fares run about $17 round trip.

A variety of passenger vessels sail from Catalina Terminals and from Long Beach. Round trip fares from Catalina Terminals are $8.50 adults, $4.25 children 5-11; and 50 cents for children under five.

Parking is available at Catalina Terminals, $1.50 the first day, $1 each additional 24 hours. To reach Catalina Terminals, take Harbor Freeway (California 11) to San Pedro and watch for direction signs.

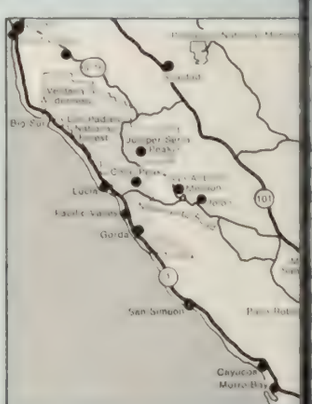
October is rated by the islanders as being Catalina's finest weather month. Or, you can save your off-season island experience for the pre-Easter weeks of spring; the weather usually warms up during the last week of March.

For additional information, write the Catalina Island Chamber of Commerce, P.O. Box 217, Avalon, California 90704.

California's Santa Lucias

You won't find the Santa Lucia Mountains listed among America's major ranges. Most maps, in fact, show them lumped together with other mountains under the general heading of California Coast Ranges. In a state whose mountain standard is the Sierra Nevada, even the highest S Lucia summits—5,862-foot J pero Serra Peak and 5,155- Cone Peak—qualify only large foothills.

Nevertheless the Santa Lu are big enough to dominate California coastline from Simeon to Carmel, a dist of about 70 miles, with on few tiny settlements strung gether by California Highw having found a foothold a the way. As a result, this become one of California's



loved stretches of highway suitable focal point for a or two-day vacation—or f longer stay if you have tim invest in camping and hikin the Los Padres National Fo the Ventana Wilderness, Pfeiffer-Big Sur State Park.

The National Forest—n ern section of the much bi main body of the Los Pa National Forest—protects coastline from Big Sur to south of Gorda. Along the are miles and miles of cliff driving. As the road winds way along the rocky shoul and occasional narrow meado you'll be confronted with after vista, like a sort of tinuous slide show. One turn veals a rock-studded beach; other a farm, sitting in a valley; another and you're at of the little gas station-stores qualify as "communities" your road map—Gorda, Pa Valley, or Lucia. There are ens of turnouts along the and it's a good idea to b plenty of color film for camera.

Whether you're north- southbound, you'll find a g half-day outing waiting for at the end of the trail. San S eon is the gateway to He Castle, the overpowering sonal palace of publisher Will Randolph Hearst. Tours ope daily except Thanksgiv Christmas, and New Year's D 8-3:30 October 16 to May 8-4:20 the rest of the year. Th are three types of tours: regular or lower level tour, adults, $1 children 6-12, dren under six free; the

More for your Travel Dollar!

In this section, you'll find sources of information to help you and your family pick the best vacation spots across the West. Check these sources carefully before planning *any* trip.

1 DISNEYLAND-FANTASY MOTOR INN—Free book of Disneyland rides and admission with every family reservation. Write for details.

2 GRAND CANYON NATIONAL PARK—Fred Harvey Inc. Lodges, Restaurant Curio Shops, Tours, and Mule Trips in the park are open all year.

3 GRAND CANYON NATIONAL PARK—Fall/Winter vacation. Two nights lodging, East Rim Tour, Dinner, $52.00 for two. Taxes & Gratuities included.

4 IMPERIAL 400 MOTELS DIRECTORY—Your guide to all the perfectly located Imperial 400 motels throughout the west. Includes facilities, local maps, & rates.

5 LADD'S STOCKTON MARINA—Rent with confidence from the oldest established houseboat rental firm in the West. Send for brochure, rates.

6 SAN MATEO COUNTY—Free full-color "WHAT TO SEE & DO" brochure. With fun map packed with tourist information.

7 RENT "SCOTSMAN" TRAVEL TRAILERS OR PICKUP TRUCK CAMPERS—"The happier way to travel." Over 500 rental dealers. List of addresses—free.

8 FORD MINI-HOME VACATION RENTAL—Pickup campers & motor homes. SUN VALLEY FORD, we have them all. Sun Valley, California.

9 THE WIGWAM—Colorful literature on Arizona's country club resort, special programs and rates for golf, tennis, Thanksgiving, Christmas/New Year's holidays.

10 THE GRAND HOTEL—across from main gate to Disneyland. Low family rates. Special 3 & 5 day package tours. Free full color brochures.

11 OAKMONT ADULT COMMUNITY—Retirement living in California's fabled Valley of the Moon. Free color brochure describes $500,000 recreation center, includes floor plans.

12 TIMBERLINE "LEARN TO SKI KIT"—Exciting Ski Package from famous Timberline lodge atop Oregon's Mt. Hood. 3 lifts, night skiing pool, historic overnight lodge. Special free "Save-Money-Learn to Ski" kit.

13 KONA SURF—Perhaps Hawaii's most beautiful resort at Keauhou Bay on the historic Kona Coast.

October, 1972 Coupon Expires, April 30, 1973

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ADDRESS _____

CITY _____

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See other side for mailing instructions.

or full tour, $4 and $2; more strenuous special t recommended for el- sitors, for $3 and $1.50. peak summer months, reservations are recom- ; tickets are available Ticketron.

ittle beach town of Cay- akes a nice companion or the Castle tour. It's 0 miles south of San just far enough away orro Bay to be out of nstream—a lovely spot picnic or just poking

e northern end of the ucia section of Highway target is Point Lobos fuge, where you can step il and look at a section ne California coastline. e able to eavesdrop on a of sea lions basking on rocks, or tramp through s with nothing but the the sea birds to disturb ide. If you're lucky, you n catch a glimpse of the ifornia sea otter. Ask he park rangers for di- to a good vantage point. king at Point Lobos will l fun if you have young- our party. A colony of squirrels has established the rocks around e area, and when you quirrels scamper up be- can even get out of the y've been taking hand- n picnickers for years, quite fearless.

Lobos is open year- is a day-use facility, ssion is $1 per carload. get picnic supplies in armel.

Castle, and, to a lesser Point Lobos State Pre- ready-made attractions ut for the visitor, but most out of the stretch ay 1 that lies between a little exploring. You and clamber down to he rocky little beaches combing and tide-pool Or you can investi- e of the gravel roads into the Santa Lucia You might take G16 armel Valley, for in- , from the south, try to Road to your right e miles north of Pa- ey; you'll wind up at d the San Antonio uilt in 1771, third in of 21 missions estab- Padre Junipero Serra. on is open 8-5 Mon- gh Saturday, 11-5 Sun- features tours guided anciscans.

rough October is gen- arded as "the season" section of Highway 1, u make the trip other times of the year you're likely to find many of the accommodations closed. But the weather is reasonably reliable in April and even late March, and you may find a shortage of fellow travelers to your liking.

One last thing to remember: don't hurry. For the traveler in a rush, the miles of curves and switchbacks on the Santa Lucia section of Highway 1 quickly lose their charm, becoming frustrating and even dangerous. If you lack the time to dawdle, US-101, on the east side of Santa Lucias, is a much faster Los Angeles-to-San Francisco route, and it offers some first-rate diversions of its own, notably Mission San Miguel, just north of Paso Robles, and Pinnacles National Monument, near Soledad. ■

THE KONA SURF

QUITE POSSIBLY HAWAII'S MOST BEAUTIFUL RESORT.



All by itself the magnificent Kona Surf is reason enough for you to enjoy Hawaii this fall. It has been called Hawaii's most beautiful resort. And with good reason. It faces the broad blue Pacific and snuggles against peaceful Keauhou Bay. There's a championship golf course and three championship tennis courts. There are art treasures around every corner and a feeling of gracious elegance wherever you turn. Just being in Hawaii is special. Being at the Kona Surf is something else . . . and it's waiting for you now.

See your travel agent or write

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You discovered Profile, Mom.
And found its flavor too good not to share.

Now the whole family wants your bread, for breakfast, lunch and dinner.

Its special formula of cracked wheat and wheat germ gives Profile a better taste than white bread.



When you turn to Profile, there's no turning back.

Tables with a Far East flavor

The tiny tray gardens and classic arrangement shown here will enhance any table and any menu. But they're especially appropriate for Far Eastern entertaining where oriental food is served (whether it's concocted from pantry provisions or created from scratch). You'll find a wide variety of suitable oriental accessories to accent your regular tableware at import shops and even variety stores. These exotic accessories are adaptable to other table settings, while the centerpieces transplant well to coffee and end tables anywhere in the house.



A diminutive dish garden is an eye-catching centerpiece for oriental fare. Choose any low bowl of rectangular or oval shape. Sketch a paper pattern of just where you'll put the plants, rocks, bridge, and make-believe pond. Bright red bridge is made from cardboard and doll's clothespins, "pond" from kitchen aluminum. Select slow-growing plants and plant them in soil covered with dried moss. Leave plenty of room between plants for small rocks and stones. You can make a quick version of the garden with cut foliage in water-filled jar lids with sphagnum moss laid on top. High-gloss palm fan serves as a place mat. Inexpensive triangular dish and chopsticks can be purchased at oriental shops.



Photographs: Hopkins

Serene Japanese sand garden is set off by raffia mats and lacquered rice bowl. To make sand garden, sieve and wash the sand and spread evenly in any rectangular low container. Collect rocks of varying sizes and shapes (some flat, some chunky) and arrange artistically on the sand. Trace patterns on sand with an ordinary fork in gentle swirls outlining the rocks. If you wish, you can add polished white and black pebbles to indicate footpaths, and pile additional pebbles around the rocks. Basket, at right, echoes the oriental tradition of the hot towel presented to guests at the conclusion of each course. Here, a regular napkin is folded over a dinner roll. Square "salad plate" started out as an ashtray. Lacquered rice bowls can be bought for pennies and used for soup or any other first course. Keep forks handy in case chopsticks defeat your guests!



Classic arrangement of mums and greens in a low metal container is the perfect centerpiece to complement a formal table setting. To give the setting an added oriental accent, we fashioned two runners resembling obis (traditional oriental sashes) from brilliantly patterned yard goods. Fine china plates hold a dinner napkin folded into accordion pleats tied at the base with a gold cord and spread out at the top to resemble a fan. Brass and copper accessories and candles in simple low holders add Japanese flavor.



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Three different patterns
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in all to decorate with.
Now the problem is,
which do you love most?
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Decisions.



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Christmas in September?

While L'eggs are decorating your legs, start early decorating our L'eggs eggs.

With our Christmas L'eggs Decorator Kit it's easy to be on top of Christmas, before Christmas is on top of you. You don't have to glue or pin anything. And our kit comes with easy, illustrated instructions.

So while L'eggs decorates your legs in lots of leggy shades, you can decorate our L'eggs eggs with long strips of Royal Purple, Emerald, and Crimson velvet and lots of gold braid that sticks right on our L'eggs egg. It's a fun way to get ready for your Christmas tree.



Each kit is enough for eggs, and it's only 75¢. Merry Christmas. And Happy L'eggs.



Our L'eggs fit your
They hug you
you, never let you

It's easy. Our kit needs no glueing. No pinning.

Send for your Christmas L'eggs Decorator Kit. Fill out the blank below and mail with 75¢ and the bottom disc from one L'eggs package to: L'eggs Christmas Ornament, P.O. Box 925, Beverly Hills, Calif. 90213.

Name: _____

Address _____

City: _____ State: _____ Zip: _____

Order no later than November 15, 1972.

Nalley's new meat treat!

Big Chunk Chili

So much beef we had to leave out the beans!



Try Big Chunk Chili—you'll never miss those beans. You'll be too busy enjoying the extra-rich flavor of chunky, lean braised beef, slow-simmered in our own special blend of sauces and chili peppers and spices. It's so delicious your meat-loving family will enjoy Big Chunk Chili straight from the bowl. But a good cook like you will also use Big Chunk Chili to create new dishes. Pour it over rice. Or noodles. Slice in leftover hot dogs. Or add diced chicken. *And, when you run out of ideas, send for a recipe folder full of ours. Write BIG CHUNK, Nalley Fine Foods, Tacoma, WA 98411.*

Nalley: the good food fanatics.



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Green Giant frozen Rice Medley is foolproof.





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The Giant's frozen Rice Medley comes out just right, thanks to his Stay-Perfect pouch. The finest rice, peas and mushrooms are seasoned and cooked to perfection, then quick-frozen. The pouch keeps the rice just the way the Giant cooked it. Helps prevent overcooking or undercooking. So you can depend on the same delicious rice dish—time after time after time. Try all six Green Giant frozen rice dishes.

after time

after time

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Dealer: As our agent, redeem this coupon for 7¢ on the purchase of one package of any Green Giant frozen Rice. Mail this coupon to Green Giant Company, Box 90, Le Sueur, Minnesota 56058. We will then pay you 7¢ plus 3¢ handling. This offer void in any state or locality where taxed, prohibited, or restricted by law. Fraud Clause: Any other application of this coupon constitutes fraud. Invoices proving purchases within 90 days of sufficient stock to cover coupons presented for redemption must be made available upon request. Offer expires May 31, 1973.

save 7¢

on one package of any Green Giant frozen Rice



7¢ **31-807** 7¢

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How to make fortune cookies

For after-dinner fun, bake up these personalized fortune coo with predictions of good health, good fortune, and happi folded inside. You needn't wait for a special Oriental di either—fortune cookies are great anytime.

Photographs: Porter



FORTUNE COOKIES

Write fortunes on small slips of paper before starting to prep the cookies. Double recipe for a larger party—

¼ cup cake flour
2 tablespoons sugar
1 tablespoon cornstarch
Dash salt
2 tablespoons cooking oil
1 egg white
1 tablespoon water

Sift together flour, sugar, cornstarch, and salt. Add oil egg white; stir till smooth. Add water; mix well. Make cookie at a time. Pour 1 tablespoon batter onto lightly grea skillet or griddle, spreading batter to 3½-inch circle. Cook over low heat for 4 minutes or till lightly browned. With wide spatula, lift and turn; cook 1 minute more. Working quickly, place cookie on pot holder or oven mitt. Put fortune in center; fold cookie in half and fold again over edge of bowl. Place in muffin pan to cool. Makes 8 cookies.



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eatment: Your fa-
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Nalley's new ravioli tastes so Italian they should spell it "Nalli's"



Imagine being invited home for dinner by a wonderful Italian cook. Now our new raviolis give you that same, authentic Italian goodness. All the rich, full-flavored thickness of slow-simmered sauce. The firm, non-doughy texture. The same deliciously seasoned, plump-packed beef and chicken fillings that till now you could find only in an Italian home. You also can enjoy this real Italian flavor in Nalley's Spaghetti and Meatballs, Lasagne and Spaghetti with Beef and Sauce, too.

Nalley's: the good food fanatics.



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Includes 195 appetizing yet easy-to-fix recipes. Make beautiful meals in no time at all.



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Shrimp ampi with Risotto

st Americans, Italian means pasta, and neans shrimp broiled in vored olive oil or but- neither assumption is ly, like America, has gional food differences from the spicy sauces ern Italy to the subtle s of the north. Scampi ally shrimp but tiny ke prawns. However, substituted for scampi mptious—especially in e of broiled shellfish in broth laced with wine. vant to do as the Ro- e olive oil instead of nd for the dry white ose Soave.

Photographs: Dieter



CAMPI WITH RISOTTO
aw shrimp in shell
arlic, minced
ons snipped parsley
salt
n pepper
n dried oregano,

cken broth
ons butter or
ie
ons dry white wine
ons lemon juice
cornstarch
n cold water
sotto

ell from each shrimp, last segment and tail;



utterfly by cutting center back; do not Place in shallow bak- l up. Combine garlic, parsley, salt, pepper, and oregano; sprinkle over shrimp. Broil shrimp about 4 minutes or till tender.

Meanwhile, in small saucepan, combine broth, butter or margarine, wine, and lemon juice; bring to boiling. Stir cornstarch into water; stir slowly into wine mixture. Cook and stir till slightly thickened. Pour wine sauce over shrimp and serve immediately with Risotto.

To make Risotto: In medium saucepan, cook ¼ cup chopped onion in 4 tablespoons butter or margarine till tender but not brown. Stir in 1 cup long-grain rice and 2 cups chicken broth; bring to boiling. Reduce heat and simmer, covered, 20 to 25 minutes or till rice is tender, stirring once or twice. Makes 4 to 6 servings.



Rag doll offer from C and H Brown Sugar.

Two little Hawaiians Only $1.00 each...

plus C and H oval from any size C and H Brown Sugar package. Perfect gift for youngsters—cuddly, colorful replicas of the C and H Sugar Kids, 15" high, in bright, non-toxic Hawaiian prints. Use coupon to order dolls—use C and H Brown Sugar to make delicious cookie treats.

The pure brown cane sugar from Hawaii...



Mail this coupon to: C and H SUGAR DOLLS, Dept. BH, P.O. Box 1192, Reidsville, N.C. 27320

NO. WANTED
GIRL _____
BOY _____

I enclose $1.00 and the C and H oval from the front of a C and H Brown Sugar package for each of the dolls I have ordered.

Name _____

Address _____

City _____ State _____ Zip _____

Void where prohibited, licensed or otherwise restricted
Allow 4 weeks for delivery. Offer expires October 31, 1973.

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Space-saving closets

A single built-in closet storage unit is a great way to save s in any size bedroom. This commodious 2x12 closet com drawers, cabinets, shelves, and space to hang two adults' c ing. The whole unit is actually four separate closets, each a pair of 16-inch-wide doors for neat appearance and eas cess. The doors are richly detailed in white with gold trim brass hinges.



Photographs: Hedrich-Blessing. Decorator: Roz Mallin, N

Below, the left-hand closet is used for large-item stora Hat storage is on the upper shelf; coats and umbrellas h below. The two large drawers below store extra blankets pillows. A fluorescent light in the top of the closet unit ke the interior bright. The second and fourth closets are used individual clothing and personal item storage, and the th closet houses a television on a pullout/swivel ledge for e viewing. The cabinet above is for seldom-used small items. six small drawers below keep casual clothing and other sm articles in an orderly arrangement. A separate closet w shelves for footwear storage is behind a concealed door to left of the four closets.



e well-
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ning
ard

ng board cover and pad items you probably take ted until they wear out me so badly scorched ist be replaced. When e comes, take time to refully. A good cover can make ironing much you.

board covers

overs are the most pop- use they can stand more n can nylon, Dacron, on covers vary in qual- erally, the heavier the abric the longer the cov- Cotton is versatile, too. facturer can put a flan- am backing on it, print t of it, or put a silicone coating on it.

cone-coated cover con- a basic cotton fabric ith aluminum. The cov- rch resistant and water and offers a smoother surface. The silicone reflects heat into the during ironing. And, r can be wiped clean mp cloth.

lon coating is used on abric to help the iron re easily during iron- ers vary in quality and pending on the quality tton fabric used. Teflon e properties of silicone, t may not reflect heat as

g the other types of used for covers is a fabric made by Deer- liken that will stand eat and last longer than he material is marketed us manufacturers, each ifferent trade name such aron." "Excelon," and e."

er cover fabric called is made by DuPont. aterial will withstand ures up to 600°. Most es today are marketing ade from the Deering- and DuPont fabrics. rs cost more but are ex- lly durable.

makes ironing easier. e to time, fluff the pad- your dryer at the no- ing. Most paddings are able.

las pads are economical don't remain thick as have as cushiony a feel pads.

is a padded material made from cellulose fiber and is used in cover and pad sets. It will remain cushiony but may need fluffing periodically.

Foam padding is widely used today and is available in many attractive colors. Foam padding maintains its thickness. It is used in pad and cover combinations.

Felt-type padding is made from a combination of polyester and rayon fibers, or rayon and cotton. Felt-type padding may be constructed with two or three layers. If there are three layers, the middle layer is foam. This pad is very soft and cushiony and maintains its resiliency for a long time.

Whatever type of ironing board cover and pad you buy, keep it clean. There's little sense to ironing clean clothes on a dirty ironing board cover. ■



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Almadén Wines

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Stitch These Christmas Ideas



CHRISTMAS CANDLE PILLOW
Red candles combine with green tree sprigs and leaves to give this pillow a traditional holiday spirit. With its companion items it provides that little "extra touch" to your holiday decorations. Kit comes complete and includes 16" square design stamped on natural burlap, piping, embroidery wool needle, and instructions.
Kit 00066 $3.95; 2 for $7.95



CHRISTMAS PLACE MATS
Brighten a holiday table at your house with a set of these festive place mats. The stitches are easy to do so you can make a complete set in no time at all. Kit includes four 15" x 18" natural colored burlap mats, all wool yarns, needle, and complete instructions.
Kit 00067 $5.95 per set; 2 sets for $9.95; 3 sets for $12.95.



HOLIDAY ORNAMENTS
Make this set of 4 jeweled mini ice skates. Hang them on the Christmas tree or string across your windows and mantels. Order several sets for yourself or to give as gifts. Includes colorful stamped felt, glittering sequins and beads, needle, embroidery floss, and easy-to-follow instructions.
Kit 00462 Set of 4 $3.50; 2 sets $6.50; 4 sets $12.50

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Money Back If Not Completely Satisfied

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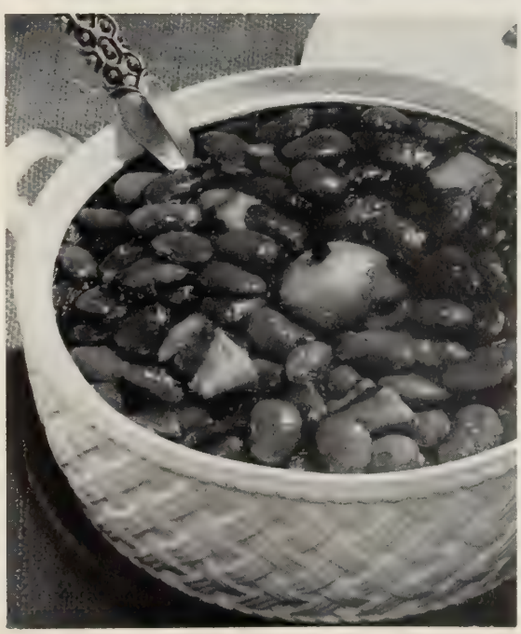
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Three wonderful ways to serve limas



Photographs: Olsson





Butter Bean-Ham Chowder

Thick and hearty — just right for lunch or supper on a chilly day

1½ cups large dry lima beans
1 pound meaty ham hocks
1 teaspoon salt
1 cup chopped onion
½ cup chopped green pepper
2 tablespoons butter or margarine
1 8¾-ounce can (1 cup) cream-style corn
2 cups milk

Cover beans with 1 quart water; bring to boiling; simmer 2 minutes. Remove from heat and let stand 1 hour. Add ham hocks; cover and simmer till tender, about 1½ hours. Add salt during last 30 minutes of cooking. Remove ham hocks. With potato masher mash beans slightly. Remove ham from bone and shred. Cook onion and green pepper in butter or margarine till tender. Add to mashed limas along with the corn, shredded ham, and milk. Heat thoroughly but do not boil. Add salt to taste. Makes 4 to 6 servings.

Limas Remoulade

Zippy new version of popular bean salad

1½ cups cooked lima beans
1 hard-cooked egg, chopped
½ cup diced celery
3 tablespoons diced dill pickle
⅓ cup mayonnaise or salad dressing
2 teaspoons lemon juice
2 teaspoons prepared mustard
Dash bottled hot pepper sauce
2 tablespoons snipped parsley
Salt
Lettuce cups

Drain limas and chill. Add egg, celery, and pickle. Blend mayonnaise with lemon juice, mustard, pepper sauce, and parsley. Stir into limas; salt to taste. Serve in lettuce cups. Makes 3 to 4 servings.

Vermont-style Limas

Maple syrup gives beans subtle, mellow flavor

1 pound (2½ cups) large dry lima beans
6 cups water
8 whole cloves
1 large onion, peeled
½ cup maple syrup
½ cup catsup
1 teaspoon salt
2 teaspoons worcestershire sauce
¼ teaspoon pepper
1 bay leaf
¼ pound sliced salt pork, cut in pieces

Rinse beans; place in 3-quart saucepan; add the water. Stick cloves into onion; add to beans. Boil 5 minutes; pour into 3-quart casserole; let stand about 1 hour. Stir in remaining ingredients. Bake, covered, in slow oven (300°) for 2½ hours. Uncover and bake for 30 minutes more, stirring once or twice. Makes 6 to 8 servings.



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High and dry centerpieces

Don't be discouraged by the flower gap in your garden. There's a plentiful supply of dried pods, blooms, and branches you can use for striking arrangements all winter long. In the pictures below, we show how you can use this bounty of dried material to complement a variety of china patterns, from dainty florals to mod cubes.



Delicacy of floral china is underscored with a clean-line architectural arrangement of dried dogwood and hydrangea blooms in a rustic basket. When combining dried materials pick branches and blooms that have both mass and structural line. Then designs will be more pleasing to the eye.



Photographs: Hopkins

With bold cube-pattern tableware, create a dramatic display of pampas grass and black birch branches. Arrange the grass and birch in a needlepoint atop a wood burl. Cover the needlepoint and part of wood with swirls of white sand. To restore color to pods, touch with paint.



Formal medallion-pattern china plays well with this classical arrangement of dried bayberry branches arranged in a sweeping oval. Prune the branches to give the desired uncluttered line and arrange with the help of a metagi (forked stick) wedged in the neck of the footed container.



Striking rustic pottery finds the perfect accent in a rough-kilned pitcher filled loosely with a few stalks of milkweed. Select stalks that have both open and closed pods and spray with clear lacquer to keep hair and seeds in place. Arrange the stalks with open pods at top.

HOW TO ORDER 10 MOST POPULAR CHILDREN'S PROJECT PLANS



AME PLAY UNIT
ere's not a play-d nearby, build this A swing, basketball and playhouse—all e. Plan No. 3808-2
age 62



TOY BOX
Build this compartmentalized toy box from inexpensive plywood; then use your wildest imagination to decorate.
Plan No. 3911-1
See page 60



RIGHT-ANGLE BUNKS
Two beds plus a closet and drawer space for storage. Fits in the smallest quarters. Easy to build.
Plan No. 3510-9
See page 64



DY CENTER
ine storage shelves, center, and head-all in one project. e built from inexpen-mber.
No. 3307-1
age 171



SPACE-SAVING BUNKS
If space is limited, this project is an inexpensive solution. Two beds and a storage closet, takes just a day to build.
Plan No. 3607-1
See page 64



TABLE/EASEL
Open shelf design provides easy access to toys. Easels can keep creative children content for hours.
Plan No. 3401-4
See page 166



.HOUSE
your daughter by uctung her own doll-Simple frame de-makes building this t a snap.
No. 3711-1
age 60



TOY CHEST
Big enough for lots of toys, small enough to fit anywhere. 39" long, 18½" deep, 27½" high. Keeps toys hidden away.
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See page 166



HOBBY CENTER
Can be used for storage, a study center, or clothes. Makes an ideal project for playroom or bedroom.
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See page 171



HOUSE
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14 ways to save on home settlement costs

When you buy or sell your home, the only thing you can do about many kinds of settlement costs is pay them. Some are set by law. Others may be required to obtain financing. And still others are caused by a property settlement system that badly needs revision (see p. 30).

Despite these and other obstacles, there are ways you may be able to cut the costs of settlement. Most important—know what you're talking about. And be prepared to push for options that may be obscured by the assumption that settlement costs are "always" handled a certain way in your area. There often are good reasons for such "local customs." But at least give yourself a chance for a better deal by exploring these alternatives:

1. *Choose your own experts.* If the broker or lender recommends a particular attorney, ask to be provided with a list of qualified attorneys, or request the privilege of using your own attorney. The same advice applies to the selection of a title insurance company. If possible, it's usually best to use experts who don't get regular business from the seller or Realtor.

2. *Try to negotiate the question of who will pay certain settlement costs.* While "who pays what" is often dictated by local custom, any agreement spelled out in a written contract takes precedence over that custom. Among the payment responsibilities that could be negotiable are the costs of surveys, appraisals, termite inspections, some attorney's fees—perhaps even the cost of title search. It will be tough to buck "tradition" on such issues, but it's worth a try. You can bargain about them at the same time you negotiate the price of the property.

3. *Study the fine print.* When you find a house you're interested in, ask the real estate salesman or broker to supply a blank copy of his sales contract for you to study. You could discover the fine print commits the buyer to pay specified settlement costs or use a particular lawyer, lender, or title insurance company.

Remember, the real estate salesman is paid by the seller, and the sales contract is likely to be in the seller's favor. If you don't understand or are skeptical of some terms, consult a lawyer—one of your own choosing.

And don't agree to pay a particular charge simply because someone tells you it's "customary" that you pay. Always remember that custom doesn't prevent your negotiating a better deal for yourself.

4. *Don't make a bid before you're sure of your terms.* Even *making* a bid on a home constitutes a binding contract if the seller accepts it. Thus if terms of settlement are stipulated in the bid form, you could be stuck with them. Again, the best advice is to study anything you intend to sign carefully before you agree to sign it.

5. *Consider using an attorney who is willing to charge for his services on the basis of the time and effort—rather than one who charges a flat fee or a percentage of the value of the house.* Young attorneys getting started are sometimes willing to work on such a basis. Your gamble is that inexperienced attorneys may need a great deal of time to do the work. Still, the savings could be substantial, particularly if you're buying or selling a costly home.

6. *Insist on having a copy of the proposed settlement charges at least one to two weeks in advance of actual settlement.* This allows time to "check out" the charges you're expected to pay. Also ask for an advance copy of the other party's settlement statement, then check it carefully to be sure you aren't both charged for the same items.

7. *Check your settlement statement for a "no-kickback" clause such as is required when the home mortgage is FHA- or VA-insured.* If there isn't a clause, ask the attorney or settlement officer if he is willing to include such a certification.

8. *Check into the local laws that govern who can perform settlement services in your area.* If you have a choice, you may save money by shopping around. Also find out if settlement must take place in the same jurisdiction where the property is located. If not, look into the possibility of holding settlement in a nearby jurisdiction where costs may be lower.

9. *In choosing a mortgage lender, don't limit your questions just to interest rate and loan terms; ask what settlement costs will be required and which ones you will be expected to pay.* Specifically, find out the requirements regarding items such as title search and insurance, loan origination fee, property survey, appraisal, termite inspection, credit report, hazard insurance, escrow deposits. These charges can add a lot to settlement costs, and not all lenders have the same requirements.

10. *Try to avoid the cost of a property survey.* You may be able to persuade the lender to accept a copy of the most recent survey (the present owner should have or be able to get one) plus a *"statement of no change"* signed by the present owner and possibly a neighbor. Ask your lawyer about the advisability of this arrangement.

If you do need a new survey, be sure the property is actually surveyed and metal stakes are driven to mark the property lines (most fencing firms are reluctant to build a fence along an unmarked property line).

11. *Ask the company that issued the present owner's insurance to give you a "reissue" rate.* You often can eliminate the cost of a title search and cut the cost of title insurance by up to 40 percent that way. You can obtain the name of the company from the present owner. However, because most companies prefer to write insurance at the full rate rather than the lower reissue rate, you may have to be persistent. As a bargaining point, you have the option of placing your title insurance with a competitor.

Keep in mind that the standard title insurance policy protects only your lender. If you want protection for yourself, you'll have to pay an additional (one-time) premium. One possibility is to offer to buy what's called an *"Owner's Policy"* if the company will give you a reissue rate on the policy insuring your lender.

If you decide not to purchase an "Owner's Policy," ask the company to give you (without charge) a *"Record Policy."* This is a statement that the title search was done properly. The document could provide legal recourse if the search is later found to be in error.

Another possibility—which won't save you money but will provide greater protection—is to negotiate with the title insurance company to delete certain *"Schedule B"* exceptions in exchange for placing your business with the company. The exceptions limit the conditions under which the company will pay claims.

12. *If you're selling your home, you can save the real estate brokerage commission by selling the house yourself.* But be forewarned! Although this commission usually is the largest item on the settlement statement, the saving is possible *only if you have the time, inclination, and necessary knowledge to do the broker's job.* If not, you'll probably end up with more dollars and fewer headaches by using and paying for a broker's services.

A compromise solution is to *negotiate the amount* of the brokerage commission. Although broker's commissions tend to be the same, it is illegal for brokers to collude to fix prices. How far a broker will budge from his regular commission rate—if at all—will depend on the value of your house, how difficult he thinks it will be to sell, and how tough a negotiator you are.

13. *If you expect to be strapped for cash at the time of settlement, try to reduce your immediate settlement costs by contracting to have the seller pay them and increase the selling price of the house accordingly.* The effect is to add the settlement costs to your mortgage, enabling you to pay a portion of them (plus interest) each month. Of course, this means you're paying more for settlement costs over the long run. And many experts warn that this approach tends to obscure the real appraisal value of the house.

14. *Get the federal government's "consumer education" publications to add to your knowledge of settlement costs—and ways to reduce them.* Check with your nearest FHA office or write HUD Information Center, Washington, D.C. ■

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Manejando en Méjico

Driving in Mexico

If your car quits along a Mexican highway, start looking for the "Green Angels." The green tourist patrol trucks are manned by friendly drivers trained in mechanics, first aid, and English. They'll supply you with gasoline at cost, and will provide their services free.

This seven-day-a-week tourist aid program is the first of its kind anywhere in the world. There are many other aspects of driving in Mexico, some equally good and some downright frightening, which you should be aware of before you get behind the wheel south of the border.

Road signs are typically glyphs, wordless pictures you can understand on sight, without encountering the language barrier. A yellow sign with the silhouette of a cow, for example, means this is a cattle crossing area. Regulatory signs are placed in red circles, and a red slash across the picture means "Do Not." Thus a picture of a truck with a slash across it means "no trucks allowed."

You also should learn key Spanish words to drive by. If the only thing that comes to mind when you see the word "alto" is a deep-voiced woman, then you'll be in trouble since "alto" in Spanish means stop.

Speed limits in Mexico are in kilometers. Unless otherwise posted, the maximum speed on federal highways is 80 KM or 50 miles per hour. Individual state speed laws differ considerably. A simple mental conversion formula is to divide by ten and multiply by six to transpose kilometers to miles.

Narrow bridges are posted "Puente Angosta." Custom gives the right of way to whoever arrives at the bridge first, but don't press your luck. If in doubt, wait. And if the oncoming driver blinks his lights, day or night, it means "Watch out, I'm coming through."

If you do decide to drive your car into Mexico, there are special arrangements you must make along the way.

You'll need a special permit, obtainable from customs (Aduana in Spanish) offices at the border or at stations a few miles below the line. Don't confuse customs with the immigration office, which is right at the border. There is no charge for car permits but a dollar tip will speed up the process and usually will eliminate the need to unpack your car for inspection.

For the permit, you need to show the current registration slip, and if there is a lien holder, bring along a notarized statement of permission for the car to enter Mexico. Keep tourist cards and car permits handy, since there are several check stations set up along the routes south.

Be sure your car is mechanically perfect before you cross the border. If new bearings or a valve job are about due, get it done before you leave home. Though Mexican mechanics are proficient, parts are not easy to come by. Any car trouble can mean long delays. It is also wise to carry an assortment of vulnerable parts such as a fan belt, windshield wiper blades, fuses, points, spark plugs, and a distributor cap. Tires should be in excellent condition, and don't forget to check that spare.

Gasoline is a government-owned monopoly. There are three octanes, 100+, 90, and 80. Any American car must use the top grade, 100+, which is dispensed from a gold-colored pump. Unfortunately, the 100+ octane gasoline is not available everywhere, so it's wise to fill up wherever it is.

Mexican insurance is essential. Few U.S. policies include Mexican coverage, but you can buy a policy from a Mexican insurance company just before crossing the line. Rates run about $1 to $1.50 per day, and it's best to get coverage for a longer time than you'll need. You can always stop at the insurance office on your way back out and get a refund on the unused portion of the policy.

But adequate insurance will not offset other risks inherent in Mexican driving.

The greatest risk is the possibility of running afoul of Mexican law. If you are stopped for a traffic violation or accident, you can be held indefinitely and no amount of protesting will assure you the "due process of law" we expect in this country. Regardless of who was at fault, you may be held and your car impounded.

If arrested, your first objective should be to contact the American Embassy in Mexico City or one of the ten consulate offices scattered throughout the provinces. The consular staff can speak on your behalf and contact relatives for you in the U.S., but in most cases, they do not have the influence to secure your release. It is best to carry a respectable sum of money in traveler's checks as American dollars speak louder than American diplomats.

Last year Mexico's President Luis Echeverria ordered that anyone arrested must be immediately freed on bond unless accused of drunk driving or fleeing an accident. This order is credited with relieving some of the worries for tourists in major Mexican cities; but the law, being federal, does not apply under state jurisdictions.

This is not to say that Mexican police are lying in wait to catch innocent tourists, for nothing could be further from the truth. Thousands of travelers visit Mexico each year without incident, but the few who do get embroiled in Mexican justice have found it to be harsh by U.S. standards.

Theft from cars is also a major problem. If you leave your car for any length of time, either in the city or country, tip a youthful volunteer a peso or two per hour to watch it. In selecting a hotel or motel be sure there is off-street parking and preferably a night watchman. No matter where you leave a car, always lock it up and leave no valuables in sight to tempt banditos.

Because of Mexican justice and widespread theft, it's advisable to keep your driving in Mexico to a minimum. If you can, fly to your destination, then rent a car, rather than driving your own across the border.

If you do drive in Mexico, don't drive at night. Roads are narrow and not lighted. There are few fences along the roads so cattle and burros can wander in front of you. Also, gas stations are closed and highway directional signs are not lighted so you may miss a turn. However, if you must drive at night, don't expect doom. Just stay alert and discipline yourself to a modest speed.

Above all, drive carefully in Mexico. You're in a foreign country on strange roads and with driving customs you're not familiar with—all of which ought to urge you to drive slowly and stay out of trouble. ■

Shortcuts to a cleaner kitchen

Dirt goes by different names in the kitchen. It's called grease, grime, spatters, and spills. By any name, it means work. You can shorten the job considerably by using good cleanup techniques and the right equipment — scrubbers, cleaners, brushes and mops.

A well-stocked cleaning shelf includes these: detergent, all-purpose cleaner, spray cleaner for spot cleaning, scouring powder, wax for appliance and cupboard surfaces, wax for counters and possibly floors, stiff-bristled scouring brush, paper towels, pipe cleaners for crevices, soap-filled pads, sponge, and a plastic scrubbing pad.

Sinks—To clean a porcelain-on-steel sink, just wipe with a sudsy cloth. Sponge a mild nonabrasive cleanser on the stains. Wipe stainless steel sinks with a damp towel, then with a dry one. Occasionally polish with an aluminum and stainless steel cleaner. When soaking broiler or range parts, always place a rubber mat in the bottom of a stainless steel sink to prevent possible scratches or gouges. Polish faucets with metal polish.

Counter tops—To keep a wood chopping block clean, wipe the surface daily with a damp cloth. Periodically, bleach with diluted liquid laundry bleach, then rinse, and follow with a coat of colorless mineral or salad oil to restore its rich look.

Brighten laminated plastic counter tops with wax specially made for them. To prevent cuts, use a wooden board for chopping and slicing. Remove stains with some bleach on a cloth.

Care for linoleum counter tops as you do your linoleum floor. Wipe up spills promptly and wax once a month.

Wipe away water spots from stainless steel. To clean, use a sponge and scouring powder designed for stainless steel. Scour brushed finish along brush lines.

Clean ceramic tile counter tops with spray-on bathroom tile cleaner, using ordinary scouring powder and a brush for stubborn spots. While tile is impervious to most stains, grouting is not, and may need to be bleached occasionally with a small brush dipped in bleach. Wax helps protect tile from soil.



(Advertisement)

Portable appliances—Wipe small appliances after each use, as some food generally clings to can opener, blender base, mixer handle. Empty toaster tray of crumbs. Always disconnect appliance before cleaning with a damp cloth or sponge. Know for sure which appliances are immersible. Cover with plastic bags if you lack tailored-to-fit covers.

Cabinets—Line shelves with washable shelving paper or plastic that wipes clean in a jiffy, or wax painted shelves.

Use sliding shelves in lower cupboard to make full use of space. Make a habit of closing drawers tightly so crumbs and spillovers won't land inside and necessitate cleaning.

If possible, check with cabinet manufacturer about exterior care. Otherwise, use spray cleaner to remove fingerprints, and wax lightly with kitchen wax.

Carpets—Mop up spills as quickly as they happen, and alert your family to do the same. Wash the spot with sponge dipped in mild detergent solution, then in clear water. Every day or two, sweep carpet with broom, carpet sweeper, or electric broom. Vacuum thoroughly at least once a week. Shampoo occasionally, then ventilate the room so the carpet will dry quickly.

Vinyl asbestos floors—They need the same daily care and spill cleanup as carpets. For regular cleaning, choose the gentlest method that will do the job. Don't wash when damp-mopping will do, and don't damp-mop when vacuuming or sweeping will suffice.

In general, wash floor occasionally using sponge or string mop and warm water and detergent. When floor is thoroughly dry, buff with electric buffer or apply a thin coat of a self-polishing wax. If your kitchen floor is not a heavy-traffic area, you may want to use a clean-and-polish wax.

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of the Midwest in Mexico becomes some sun-washed tropical complete with clatter- fronds, opaline ex- f sea, and dusky eve- oled by offshore winds drinks. If you're a busi- s wife in Mexico City, may be the air-condi- orridors of a ritz hotel ry, at least in Mexican ten starts at $30 a day), where you're com- y exclusive shops like and by American bottled water, and vimming pools.

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hings account for this at Mexico poses for its American visitors—it's , and its people don't grow up speaking as in European coun- st Americans (except esmen, who must know age, or teachers, who plan their visits hastily, doing any reading or more than a few man- ish phrases. For them, s like a foreign film itles—sometimes excit- etimes shocking, but understand completely. lution is simple to de- t not so easy to carry your visit well in ad- enough reading about o decide where and want to cover; invest ie in deciphering the anguage. The last one iest to shrug off, but ne you can least do For if you plan to re than a day or so the border and you ring back more than a ou should invest some language lessons— t's by correspondence local adult education r even a tutor. *(For ormation on language eck the coupon cate- age 188.)* ■



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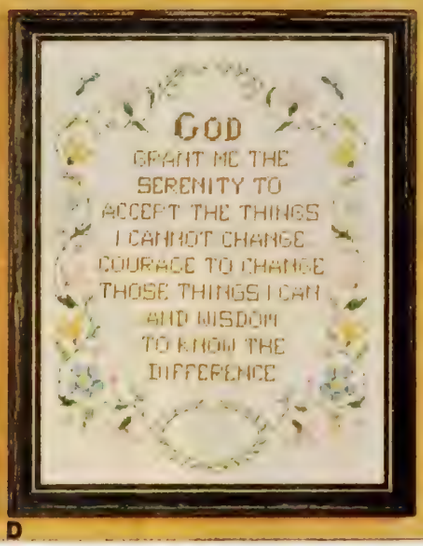
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B SEAL OF THE UNITED STATES

The current fame of this White House design represents the pride and dignity of our country. A symbol of strength and integrity, this sampler will reflect your patriotism. Make several as gifts. Colorful kit is easy to make and includes yarns, needle, 13″-diameter decorator frame, design stamped on fine quality fabric, and simple instructions. Fits in any room and any decor. A delicate design you'll be proud to make.
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C HAPPINESS TREE

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ful way to remember the im
things in life. Spend a few en
hours creating a treasure that will last a li
Kit includes stamped design, floss, and
tions. Fits our handsome 14″x18″ frame.
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Frame 00098 $6.00 each
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E SAMPLER CLOCK

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ever. Sampler kit includes instr
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ER THE FLOOD . . .

eware those ashed-up cars

could have been thousands of miles from the devastation d by the floods this year and still be directly affected—ially if you happen to be in the market for a late model car. For many of the cars that sank below the turbulent s are not being junked. Instead they're being hastily ditioned and shipped to distant states.

er a flood, insurance adjusters are quick to make damage nents. Naturally, the insurance carrier is interested in ering part of his loss which brings the salvage expert into icture. New cars with voided warranties bring about 50 nt of their original value, and used cars even less.

e salvage buyer then plies his trade. Radiator, engine, nission, gas tank, and rear axle are drained, flushed, and d. Electric systems are dried out and new spark plugs ed. Carpets and headlinings are dried and cleaned. Door panels are scrubbed clean or replaced if badly warped atermarked. Heat lamps are aimed under the dash to dry ments. A polishing job restores the luster of paint and ne. With a few hours' labor and minimum outlay for parts, r *looks* new again. The odometer may be altered just be-the warranty limit. Then the car is driven or trucked to a t outside the flood region and offered for sale.

od cars may show up anywhere as there is no pattern to distribution. Unwary buyers may learn the truth weeks nths later when brake cylinders leak, wheel bearings grate, engine knocks appear, or rust bleeds through up-ry and paint. You may suspect water damage when cur-nodels are on sale without any warranty or advertised as a al purchase" for "hundreds under cost." There are other ns for such sales besides water damage so confirm your ions before you make judgment. Some evidence of flood ge will remain regardless of the reconditioning expertise yed, and these checks will usually reveal it.

A flood car retains a distinct musty, stale odor for months. nost noticeable on warm, sunny days when the car sits he windows rolled up.

eting. If not replaced, it will show definite watermarks e underside. Lift the carpet and look for rust on the Should the floor be rusty and the carpet appear new resh, something doesn't jibe. Ask questions.

sive undercarriage finishing detail. Be suspicious of a at is absolutely rust free and gleaming with fresh black in the engine compartment and fender wells or on frame ront suspension, and rear axle. Black overspray may be t on wiring harnesses, battery cables, and rubber hoses.

ster. Set the heater controls for "defrost" and turn the high. If a cloud of dust comes forth, it's a good indi-that silt is present.

ment cluster. The dashboard is difficult to dry out and ny days a film of moisture, similar to morning dew, may on the dash glass.

ows. Look closely down into the fuzzy weatherstrip at the n of door windows. Silt clings tenaciously to this material washing.

weatherstrips. Lift the rubber weatherstrip in several around door edges. Silt stays trapped here unless the erstrip has been completely removed and cleaned.

tor. Crouch in front of the grille and shine a light into liator grid. Even after repeated hosing, silt deposits will lent. Another method is to lift the hood and use a mirror a view of the radiator vanes.

Remove the rear seat-back cushion and turn it over to e the paper or fiber covering over the springs for a water-warpage. The springs could be rusted too.

r hardware. The turn signal lever, transmission control and heater controls, which usually are bright metal, may ated to hide rust. Check around chrome screws; rust will p the screw shaft from rusted metal underneath. ■

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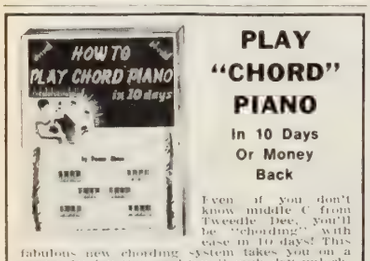
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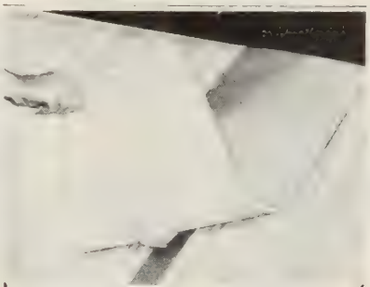
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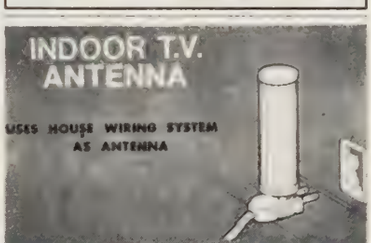
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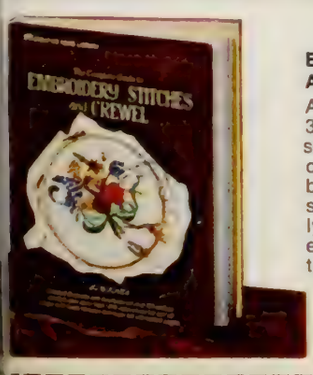
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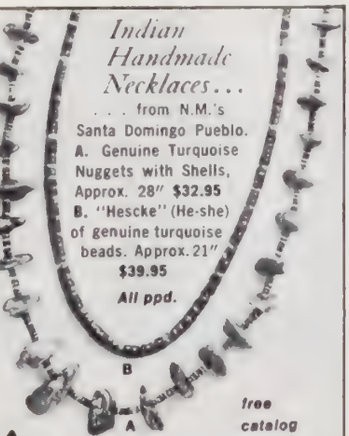
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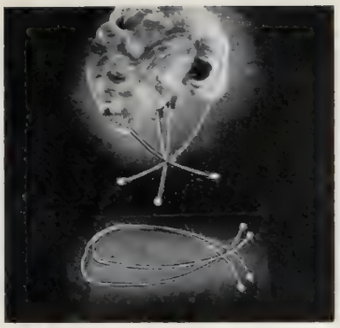


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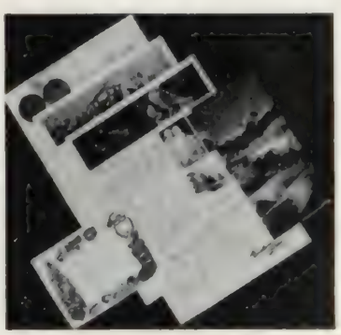
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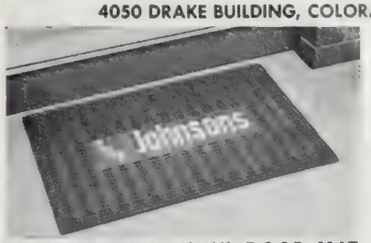
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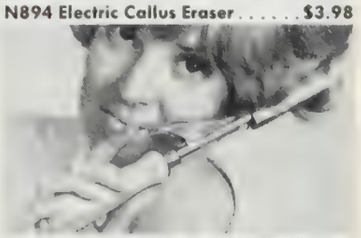
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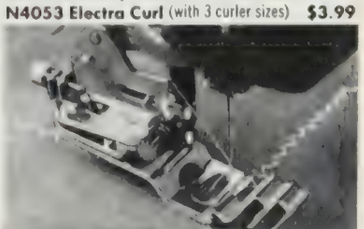
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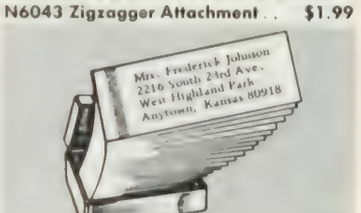
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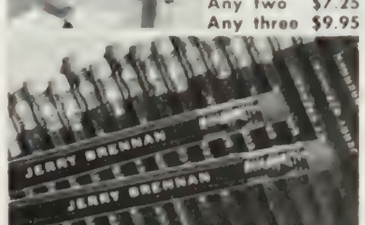
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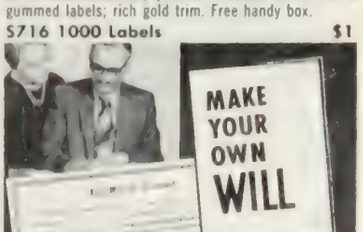
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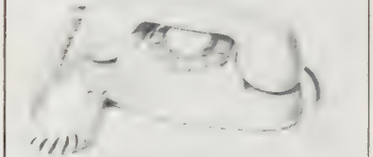
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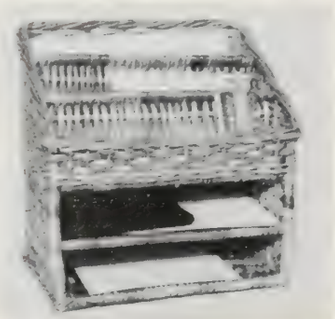
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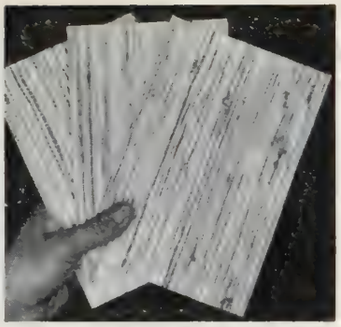


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canvas in black and white.
plus 85c postage. Send 25c
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disposable temperature
guarantees perfect roast-
t's more accurate than a
ometer. Just insert in roast
n meat's done, the pre-set
licator pops up. Set includes
, 2 turkey, 1 lamb, 1 pork
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Continued









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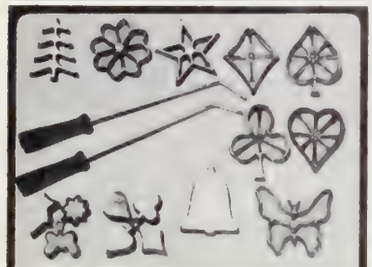
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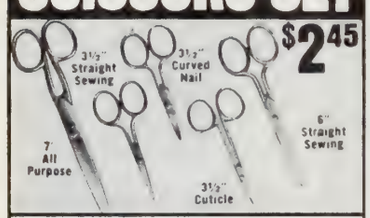
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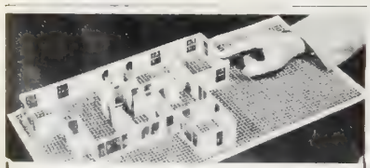
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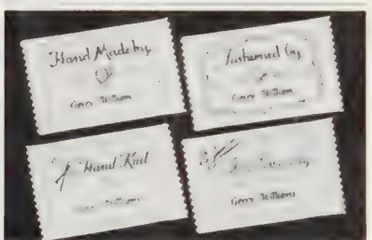
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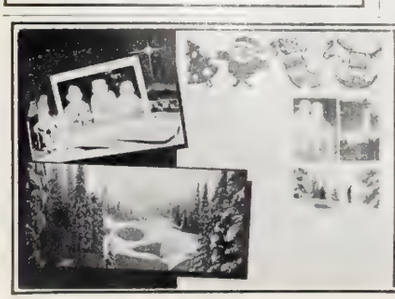


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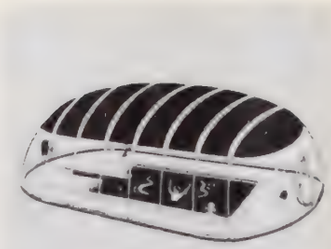


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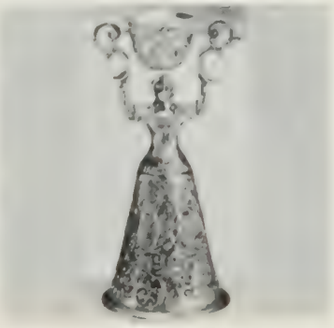
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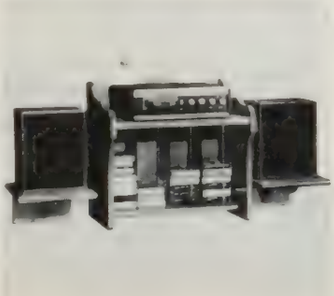
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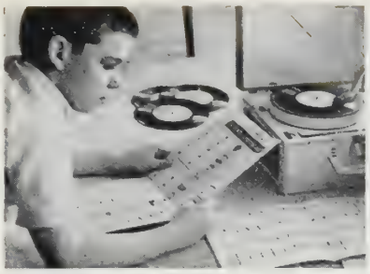


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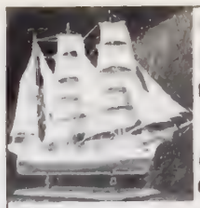


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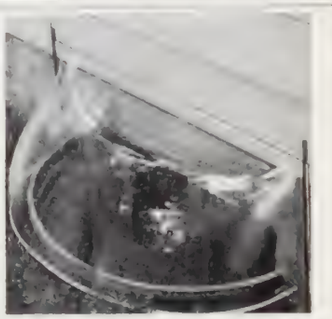
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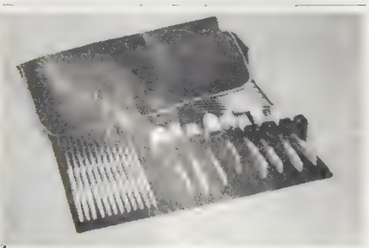
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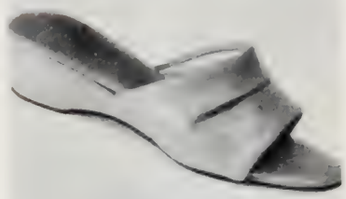
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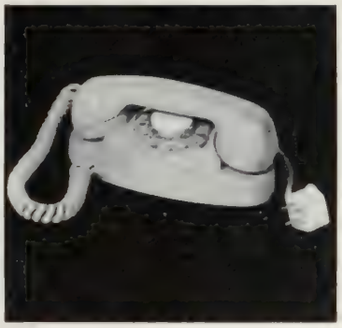
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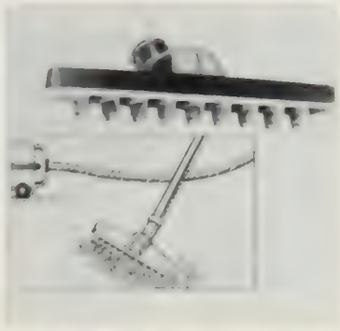
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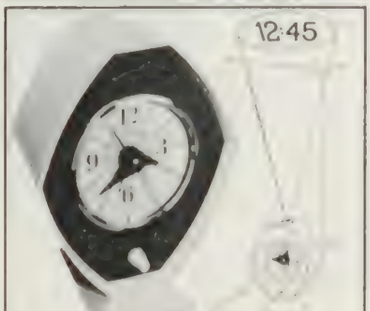


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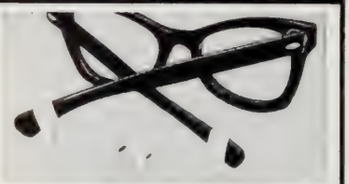
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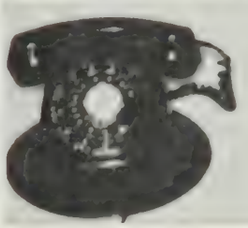
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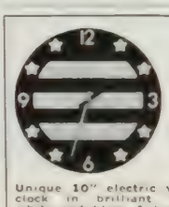
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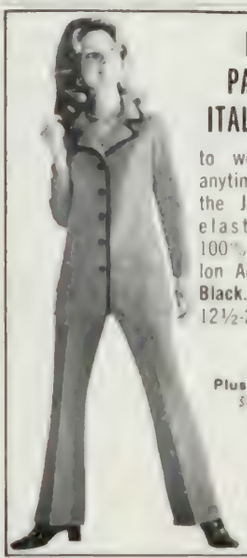
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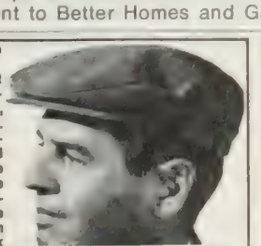
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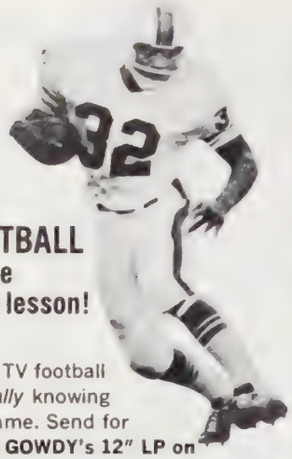
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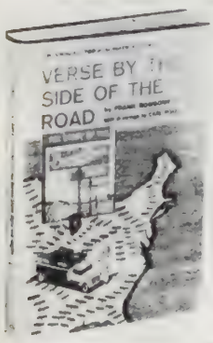
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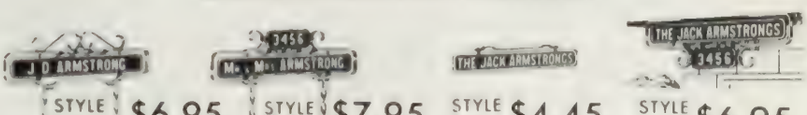
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The man next door

My wife Christine is concerned about all the consumer-protection bills the government is proposing. She says she's beginning to feel like a whooping crane, or some other endangered species.

Like many of her generation, my daughter Rosemary is interested in extrasensory perception. She writes from college that she has an eerie feeling that I'm about to send her a sizable check.

There's a new historical marker along my way to work, but at 65 miles an hour, I can only catch one word a day. So far I'm up to "On this date in 1884," and I can hardly wait to see how it turns out.

Young Johnny Klemper worries because his baby girl looks more like him than his wife. I reassured him that my daughters started out looking like me, but that Nature eventually rectified the error.

I know my son Burt, Jr., loves his older sister. Yet I can see how it must strain the family tie, facing the same teachers who remember Rosemary as the brightest, most diligent pupil in the class.

This is the season I relish those long, leisurely walks during the evenings. But lately, the long-hair group has given to honking horns and yelling "Right on!" as they drive past, assuming anyone who is walking must be protesting something.

With Rosemary now old enough to vote in the next election, her younger brother already has begun to express concern for the future of our country.

Some men are proud of their gourmet cooking ability. I'm satisfied to know just enough to survive when Chris is out of town—if she isn't gone too long.

Have you noticed how the company parking lot confers executive status, while the company bowling league takes it away?

I'm not sure if animals really can judge character, but from the number of strays that follow my daughter home, I'm certain they can spot a soft touch.

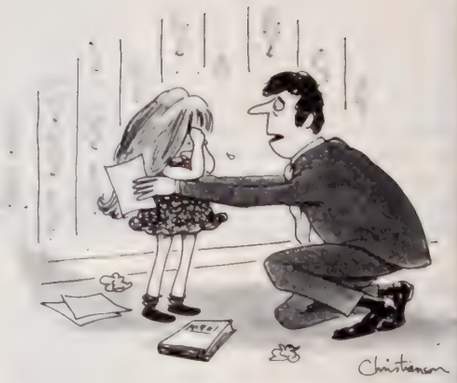
Sometimes I think life consists of throwing away all the things your parents had saved for you, and then starting again by saving new stuff for your own kids.

Christine and I have made a deal. I've told her I'll stop cutting out those magazine recipes as family menu suggestions for her to cook if she'll stop tearing out those "How-to-get-rich-in-the-market" articles for me.

When fall begins to work its scarlet magic on the countryside, I can hardly resist sending a descriptive postcard to some of my friends who've retired to the tropic sameness of warmer climates.



"All I can say about those biscuits is that I'd hate to get hit with one!"



"Of course Daddy loves you, Dear. But I can't help you with your math if I don't get it, now can I?"

Looking at my son's math book, I decided algebra hasn't changed much, except those "example trips" are now to the moon and back instead of New York.

My young daughter Judy and I enjoyed a glorious afternoon last Saturday while fall was displaying its best blue and gold weather. We were in the Maple Grove cemetery. You might think that's an unusual place for an outing, but we were there for a purpose. It was something that had become a small ritual in our family.

Judy was gathering autumn leaves for her nature study class. I had taken her older sister and brother on the same mission in their early school days, and now it was Judy's turn.

The planners of the cemetery, the oldest one in town, had shown an uncommon respect for the trees and shrubbery planted here. They also made it a point to add new varieties of trees every year or so. The result is a display of color as beautiful as any I've seen.

Moreover, and of invaluable assistance to fathers who admire nature without being experts in her nomenclature, the management marked many of the trees so the leaves can be properly identified when they are pasted in a scrapbook.

I have, of course, been to this cemetery on other occasions, some tragic and unexpected. There are Hillises lying beneath these majestic trees, and there is many a remembered friend as well. To me there is something fitting about going there in a happier mood with a child who is laughing, eager, and full of life.

As the trees mark the slow, sure cycle of the seasons, so Judy searching for her leaves among the headstones seemed to me to symbolize the succession of life. When I came home, I turned to Ecclesiastes and the words of the prophet:

"To everything there is a season, and a time to every purpose under the heaven: a time to be born and a time to die; a time to plant, and a time to pluck up that which is planted."

Burton Hillis

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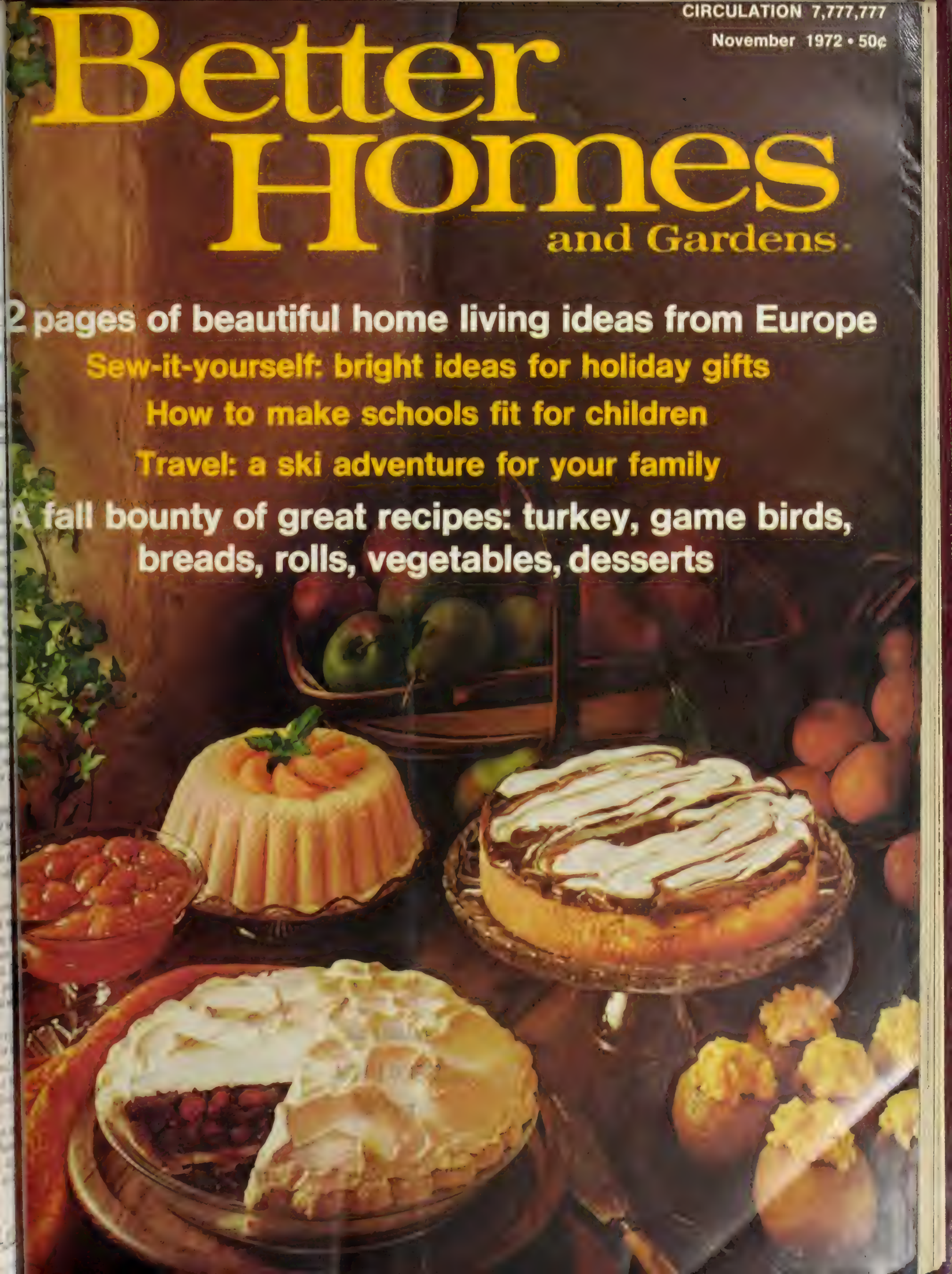
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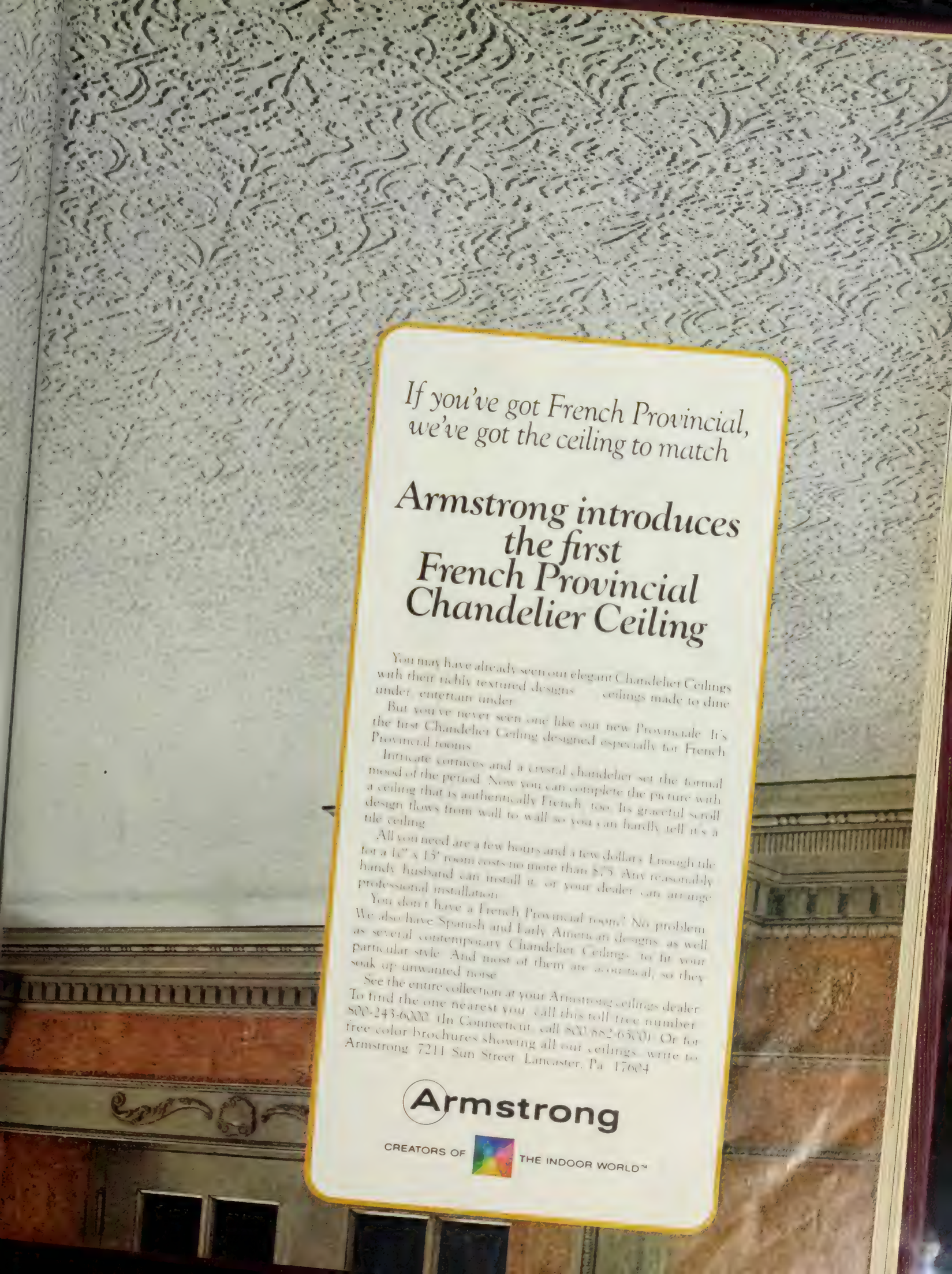
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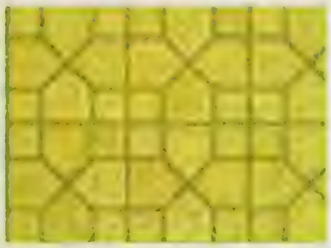


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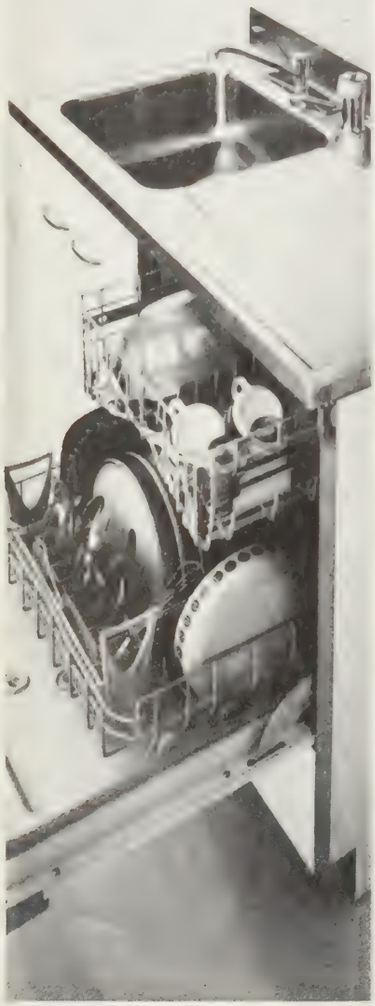
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Better Homes and Gardens

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A frank discussion about the limitations of toilet paper.



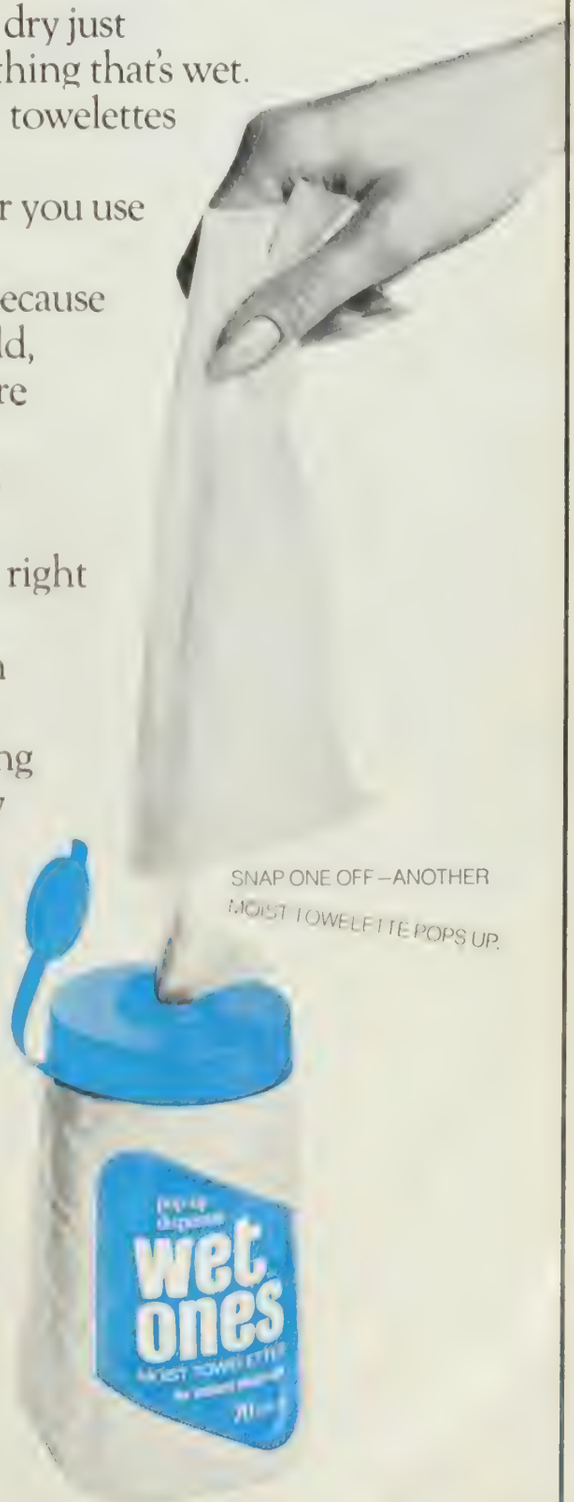
Toilet paper is basic to our personal cleanliness. Yet it does have its limitations—because it is dry. And anything that's dry just can't cleanse as well as something that's wet. Which is why WET ONES™ towelettes take personal cleanliness a step further.

WET ONES are designed for use after you use toilet paper to cleanse the rectal area. They cleanse thoroughly and effectively because each towelette is pre-moistened with a mild, freshly-scented cleansing solution. They are gentle enough for a baby and have been clinically tested for mildness. WET ONES are strong and completely flushable, too.

Keep WET ONES in your bathroom right along with the toilet paper as a final step in personal cleanliness. You will find them helpful in keeping yourself as clean as you would like to be. They're ideal for young children who may not be as careful as they should be. Older people with cleansing problems will find them helpful, too.

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WET ONES. The final step to personal cleanliness.



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7 key questions about credit cards

During the last ten years or so, there's been a remark revolution in the way you can buy any number of thi Instead of paying cash or writing a check on the spot- taking time to have your credit approved by the store- you have to do is whip out a little 2x3¼-inch plastic and say, "Charge it."

The staggering impact of credit cards makes at least facts clear: The cards are here to stay, in some form or o And, there's lots you should know in order to use cards wisely. The answers to these questions will help:

1 Why use credit cards at all?

Convenience seems to be the key to most credit card u In effect, the cards provide a ready means to obtain an secured loan: By establishing your credit with one sour the credit card company—you're able to buy things at number of places without paying cash and without pu up property in exchange for the loan. With some credit ca you can get a cash advance as well.

That doesn't mean there's an eternal fountain of f at your disposal, of course. Obtaining and maintaining c card accounts depend upon your reliability as a good c risk. How that's judged varies with the kind of card and issues it. Still, all cards have these conveniences in comm

- *Instant credit.* If your record is good with the credit company and you haven't spent beyond any limits the c pany imposes, you can buy things on credit without c at any store or other business that accepts that card. don't have to go through the time-consuming transactio establishing your credit each place you go—a process can take weeks.
- *Emergency use.* Because of the extra credit your card g you, you're usually able to charge things you need or unexpectedly—provided your account isn't overextended. you're vacationing away from home, you're low on c and a tire gets demolished in a blowout. A credit card c buy the new tire you need. Or you see a lovely couch on in a store where you're not known. If the store subscribe a credit card you carry, you can take immediate advan of the bargain. You also can get some emergency cash many cards.
- *Flexibility.* Credit cards are being accepted on an e widening scale all over the world. The variety of purch you can make is mushrooming, too. The bulk of busi today is done in retail goods, gasoline, restaurant meals, h and motel accommodations, and transportation. In s places, cards have also been used for supermarket purch rent payments, insurance premiums—even political co butions and payment of income taxes.
- *Cash substitute.* With credit cards, you have consider purchasing power without having to carry a lot of mo You also may avoid the need to produce all sorts of ide papers usually required to pay with a check.
- *Ease of payment.* Credit card bills come out once a mo You can pay for all purchases on any card with just check or money order. That could save on banking cha among other things—and it's just plain easier than ma a lot of different payments.

Conti

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Dentu-Creme® 3 to 1.

In a nationwide survey of dentists conducted by a leading research company, Dentu-Creme was recommended 3 to 1 over any brand of family toothpaste. Each check represents 1.2% of dentists responding to survey.

7 key questions about credit cards *Continued*

• *Identification.* Increasingly, credit cards are being accep as sufficient identification for various transactions, such cashing a check.

2 What kinds of cards are there?

There are three basic types:

Bank cards are "all-purpose" cards with which you pay for retail goods, meals, lodging, transportation, and forth at more than a million business outlets throughout country and abroad. Usually you can get a cash adva of $50 or $100—or more—from participating banks.

These cards set limits on how much credit you can ha Typically, it's $500 or so, though some accounts go m higher, and you won't be allowed to charge beyond y limit. (The stores are required to make a phone call to t bank card center for approval of any transaction abov certain amount.)

A local bank may have its imprint on your card, but th are just two major bank card companies in the countr BankAmericard and Master Charge. (Unicard was rece absorbed by BankAmericard.)

Travel and entertainment cards were originally desig for the two purposes their name implies. Many restaura hotels and motels, retail stores, airlines, and car re agencies recognize the "T & E" giants—American Expr Diners' Club, and Carte Blanche. (Bank cards and oth are also accepted by most of these businesses.) Some T & also provide a toll-free phone service to guarantee hotel motel reservations.

Although the T & E companies don't impose official lir on the amount of debt you can have outstanding, they k close tabs on your payment records. If you seem to be o spending spree or are slow in paying up, you may be as to stop using the card until your account is clear. Or may lose the right to use the card altogether.

One-company cards include a wide variety. Most m gasoline and oil companies issue cards you can use only their service stations, and sometimes at others. Increasin oil cards can be used for hotels and restaurants, too. M local department stores and national chain stores have t own cards. Some of these establishments accept bank T & E cards as well; others do not. There also are c for airlines and car rental companies.

3 How do you get credit cards?

Remember the barrage of bank cards you received in mail a couple of years ago? You won't get them that anymore, and that's a good thing. There was too much c fusion with so many cards in competitive circulation.

To get any credit card today, you must apply for it. Yo find bank card application forms at participating banks well as stores and other outlets. There are T & E applica displays in restaurants and stores. You can ask for a comp form from service stations and retail stores that have t own cards. In addition, most companies advertise regula

Any application goes through a credit check by the c pany. Bank and gasoline cards are usually given to any with good credit standing, even though his income may relatively modest. The T & E, car rental, and airline c panies have more rigid income standards—typically, at l $8,500 a year. Individual stores and chains set their criteria. Once you get any credit card, of course, your c tinued eligibility depends upon your payment record.

Sometimes you can order duplicate cards for husband

Contin

Fruit-of-the-Month Club

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Harry and David

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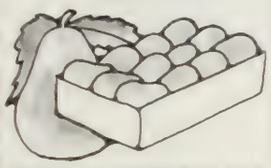
8-BOX CLUB: Delight them to pieces again and again! Christmas, January, February, May, August, September, October and November

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12-BOX CLUB: Flabbergasting! A gorgeous gift every single month of the year.

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Christmas



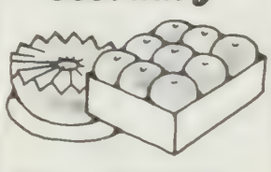
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America's rarest and finest fruit. So big and juicy you eat 'em with a spoon.
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January



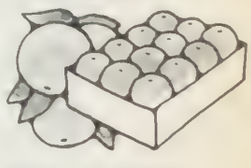
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Net weight 7¼ lbs.

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Rare sunshiney surprises from the pirate coast. Sweet and tempting.
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Net weight 2½ lbs.

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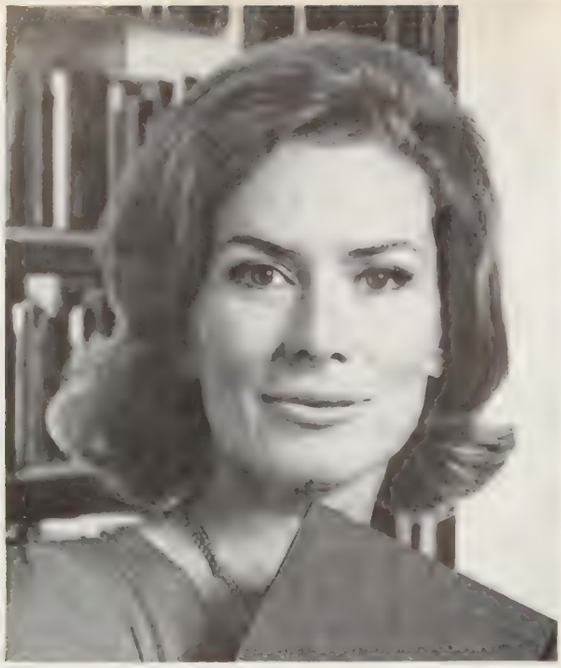
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Look Younger Day After Day After Day

Suddenly one morning, you look into the mirror and face the truth. You don't look as young as you used to. You don't even look as young as you are. The change was so gradual that you didn't even notice the signs of age creeping up.

Women in all parts of the world have, like you, faced this moment of truth. Fortunately,



many have made a priceless discovery, the discovery of the beauty benefits of Oil of Olay. These younger-looking women could tell you the advantages of Oil of Olay moisturizing lotion. But it is far more rewarding to experience the beautiful results yourself. This precious beauty fluid was specially created by beauty researchers to fight the dryness that can make you look old long before you should. The unique formulation, with its blend of tropical moisturizing oils, works wonders for your complexion. You will notice an important difference in the smoothness and suppleness of your skin each day, as the beauty blend soothes away dryness . . . dryness that makes wrinkles and little lines far too noticeable.

Dry skin virtually drinks in the beautifying liquid, with its wealth of natural oils and moisture. Oil of Olay penetrates the important surface layer of the skin, to work along with nature itself in maintaining the balance of oil and moisture that is essential to true complexion beauty. The lovely liquid is compatible with the skin, and sets up a barrier that helps retain your skin's own natural moisture.

Oil of Olay penetrates so quickly and evenly that it begins its myriad beautifying benefits almost before you know it. And the beauty blend is a superb makeup base. Cosmetics won't streak or change colors as the hours pass.

Look for treasured Oil of Olay in drugstores everywhere. Day and night, the beauty fluid cherishes and nurtures your skin, bestowing a younger look with each passing day.

Beauty Hints

The skin around your eyes may be the very first place you notice the little lines that signal the passing of time. Pat generous amounts of Oil of Olay into this tell-tale area, to smooth and soften beautifully.

* * *

What a mistake it would be to neglect your neck. Anytime you apply Oil of Olay® to your face, stroke the beauty blend lavishly on your throat as well. For the greatest benefits, use firm upward motions, from the base of your throat to the chinline.

7 key questions about credit cards

Continu

wife. There may be a nominal charge for the second ca With some companies in some areas, when a woman g married the account must be in her husband's name. She n even lose any account she had in her own name when s was single. Other companies rely solely on the woman's cre standing as an individual.

There have been a number of questions raised in Congr about possible credit prejudices against women. Theoretica the same standards should be applied to either sex, and so state laws now make this mandatory. Most companies ha loosened their restrictions anyway. However, if you th you have been given an unfair deal, don't hesitate to purs the reasons why you were turned down.

4 What do credit cards cost?

The T & E cards charge an annual fee—usually $15—l no interest on the loan. However, you can make an "extend payment" arrangement when you use a T & E card for son thing like a plane ticket. In that case, the T & Es charg 12 percent annual interest rate. Personal air travel ca charge an 18 percent annual rate for payments extended yond 25 days. (Cards issued to businesses may have ot arrangements.) There are no charges on car rental cards

You don't pay a fee for a bank card, but there is an int est charge if you haven't paid within a specified time (usua 25 days) of the billing date. Typically this ranges from 1 1½ percent per month—a 12- to 18-percent annual rate. T same is true of most retail store cards. State law regula such interest rates.

There has been controversy about the way interest charged on some credit card accounts. Say your Dece ber bill shows you owe $100. You pay $50 on December With some companies, your January 1 bill will show $1 in interest—1½ percent of your previous month's bill. Th more than if they had accounted for the reduction of y bill when your partial payment came in.

Some states now say that the "previous-balance" metho illegal, and that interest should be figured on "the aver daily balance." Generally, bank cards now calculate on average daily balance for cash advances. For retail purcha interest is charged on the balance of your bill left after payments. Department and chain store policies vary.

5 What are the smart ways to use your credit card

For one thing, you can *avoid interest charges for up to or 55 days* by timing your purchases. Here's how: Say y bill is issued on the tenth of each month, and you have days in which to pay without being charged interest. (Look your bill to get the exact information.) You want to bu $200 stereo set. If you get the stereo on the 11th, you w be charged until your next bill, a month away. And t doesn't have to be paid for another three weeks or so a it's mailed out. That's almost seven weeks interest-free you had borrowed the $200 from a bank or bought it on installment loan, you would have owed interest automatica

Incidentally, sometimes charge account bills don't ar until long after the billing date. That gives you little chanc mail your check so it will reach the company before inte is charged. If this is happening to you, complain right a to the company or store. If the problem persists, contact FTC (or state banking authority, for bank cards). There legislation pending to make sure mailing procedures are to the customer—but until that's law, you'll have to ta the problem yourself.

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But as you can see in the picture, someone had tried to make her look pretty. Her hair was combed and her dress, even though torn, was clean.

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And your help is desperately needed. Overseas, our staff reports boys and girls still search garbage dumps for food . . . babies abandoned in the streets . . . blind children locked in cellars . . .

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I wish to sponsor a ☐ boy ☐ girl in (Country)_____

☐ Choose a child who needs me most. I will pay $12 a month. I enclose first payment of $_____. Send me child's name, story, address and picture.

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BH 49NO

7 key questions about credit cards

Cont

Another smart use of credit cards is *to take advantage of sales.* White sales, for example, come up in January and August. If you're not budgeted for that expense at that time, you can buy the goods anyway with your credit card and pay for them later. This approach is especially effective for big-ticket items, where you may save $30 or $40 on the purchase. Be sure, however, that spreading out the payments won't trigger so much interest that your sale savings are wiped out.

Credit card accounts also provide a clear, uniform way *to keep records.* This can be an asset for keeping track of your taxes and your budget:

For *taxes,* save all monthly statements. Any interest you pay is tax-deductible. The receipts are also good for records concerning business deductions.

For your *budget,* the once-a-month statement can help you keep tabs on how you spend your money. Credit card companies wrap up your monthly bill in one of two ways: *"Descriptive billing,"* where one statement lists all transactions, often referred to by code number, plus store name and date of the transaction; and *"country club billing,"* which includes receipts of all transactions you made, as well as a total bill. The latter approach makes a budget appraisal easier, since you have duplicate records of what you bought where. However, it's likely that more and more companies will be using the descriptive approach. (If you want to inquire about a transaction, you refer to the code.)

With either form of billing, it's important to save your receipts at the time you make the purchase. That way, you can easily check your records against the bill when it comes.

6 Aren't there some risks?

A recent law has limited one kind of risk considerably. That's the possibility that your card might be lost or stolen, and somebody could run up a sizable bill on your account. The fact is, your liability stops at $50 on any card when an unauthorized person uses it. If you have duplicate cards in the family for the same account, your liability still is just $50. You won't be liable even for that amount if you notify your company in time.

One caution: Don't overlook the fact that you could b several hundred dollars i carry a number of credit in your wallet or pocketboo sure to take these precau

1. Keep a list of all card count numbers, names, ad es, and phone numbers o companies. The list should a place other than where carry your cards. As soon a notice they're lost, conta companies immediately. A call or wire is best, follow by a letter.

2. Carry your cards se from your wallet.

3. Keep only cards you to use. Cancel, then cut i cards you seldom use or th duplicated by others.

4. If you carry a lot of consider credit card insu You can get it as an en ment on your homeowner icy for about $2 a year fo coverage, $3 for $1,000. er protection could be a card service. You give t list of your cards, and they all companies as soon as y the service know of you This is a good timesaving but it *is not insurance. No it offer any guarantee loss.* The cost is about year.

Credit cards are also les than they used to be beca law now requires that all issued after January 197 some means of identificat them, such as a signat photo. And the companie generally tightened secu discourage crooks.

Another risk can some sleight-of-hand w clerk is ringing up you chase. He may run off du impressions of your ca blank sales forms, fill th later, and pocket the rebat the credit card company crooks even try to pa stolen cards on customer use the good card for then

To protect yourself these possibilities, keep cl on your card and receipt times. Try to watch yo during the transaction. sure the figures on your agree with the amount tually spent. Check yo when it's returned to yo make sure it's returned). sign an incomplete fo there's an error, tear up t before signing another. over your monthly sta

Co

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or there are charges
make, contact the
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are so easy to use.
eep you from spend-
pulse, buying things
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r budget?
io real answer *except*
se budgeting. Credit
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ource of extra money.
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flexibility—for in-
t sales—they are ba-
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limits are one exam-
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ot the charge in pay-
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This doesn't always
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portant will credit
e in the future?
card industry, for
a figure of around
rth of business per
year just for bank cards by 1980. Certainly most people issuing credit cards believe they'll be even more important than they are today. Some even foresee a day when one card will do everything—draw cash from the bank, buy groceries, pay rent and mortgage debts, handle travel expenses, and so forth.

It may even be that some sort of credit card will replace check-writing and other cash-substitute transactions altogether. Other experts don't predict a totally "cashless" society, although instant transfer of funds through electronic means does seem likely. Whatever the future, it's certain that most consumers will benefit from knowing the skills of how to manage money on something other than a strictly cash basis. ■

Give a baby something the next baby can wear. Carter's.



Carter's new zipper style stretch coveralls are too good not to pass along.

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So why not give someone Carter's stretch coveralls? More than one baby will thank you.

Cotton and Phillips 66 stretch nylon terry knit in blue or yellow for boys, pink or azure for girls. Sizes S (to 13 lbs.), M (14-20), L (21-29). $4.25.*

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BRAND GELATIN

like Thanksgivin



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ver turkey taste
ll over again.



This year, you and your family can get as much out of the leftover turkey as you did before it became a leftover. And it's as easy to make as it is delicious.

Cranberry Orange Ring
2 oranges
1 package (6 oz.) or 2 packages (3 oz. each) Jell-O® Strawberry Gelatin
¼ teaspoon salt
1½ cups boiling water
1½ cups (one 16-oz. can) jellied cranberry sauce
⅔ cup chopped nuts
Grate 1 tablespoon rind from oranges. Section oranges; finely dice and drain sections. Dissolve gelatin and salt in boiling water. Stir cranberry sauce until smooth; blend into gelatin with orange rind. Chill until slightly thickened. Fold in diced orange and nuts. Pour into 5-cup ring mold. Chill until firm. Unmold. Makes 4¼ cups or 8 servings. Fill with 6 cups of turkey salad.

Turkey Salad. Combine 5 cups diced cooked turkey, 2½ cups diced celery, 1¼ cups mayonnaise, and ¼ cup lemon juice; season to taste. Chill.



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Here's how. First she washes all surfaces. Then she wipes them with a solution of ¾ cup Clorox to a gallon of warm water; then rinses. Mold and mildew are gone. Mortar clean, tile sparkles. And while all this was happening, Clorox killed athlete's foot fungus on the shower floor.



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Mediterranean Omelet

Flexibility is the key to Brian Butler's cooking successes. In his Mediterranean Omelet recipe, he combines his traditional Sunday morning omelet with a spicy tomato sauce he usually serves over fish. What results is a weekend brunch entrée or late-night snack that's a favorite of the Butlers and their Minneapolis friends.



Photographs: Dieter



MEDITERRANEAN OMELET

8 eggs
¼ cup milk
4 slices bacon, crisp-cooked, drained, and crumbled
2 tablespoons chopped green onion
¼ teaspoon salt
Dash pepper
½ cup sliced fresh mushrooms
2 tablespoons butter or margarine
½ cup (2 ounces) shredded sharp natural cheddar cheese
1 recipe Mediterranean Sauce

With fork, beat together eggs, milk, bacon, onion, salt, and dash pepper till blended but not frothy. In 12-inch skillet, cook mushrooms in butter or margarine just till tender. Remove mushrooms and add to egg mixture. Return egg mixture to same skillet and cook slowly. Run spatula around edge, lifting to allow uncooked portion to flow underneath. When egg is set but still shiny, remove from heat. Sprinkle with cheese. Tilt pan and fold omelet in half. Roll onto platter. Spoon Mediterranean Sauce over. Makes 4 to 6 servings.

To make Mediterranean Sauce: In small saucepan, cook 2 tablespoons finely chopped onion, 2 tablespoons chopped green pepper, and ½ clove garlic, minced in 1 tablespoon butter and 1 tablespoon olive oil till tender but not brown. Stir in one 8-ounce can tomato sauce, 1 teaspoon worcestershire sauce, ½ teaspoon dried basil, crushed, ½ teaspoon dried oregano, crushed, and ⅛ teaspoon pepper. Simmer, covered, 10 minutes. Makes 1 cup sauce.

WANTED: RECIPES MEN LIKE TO COOK

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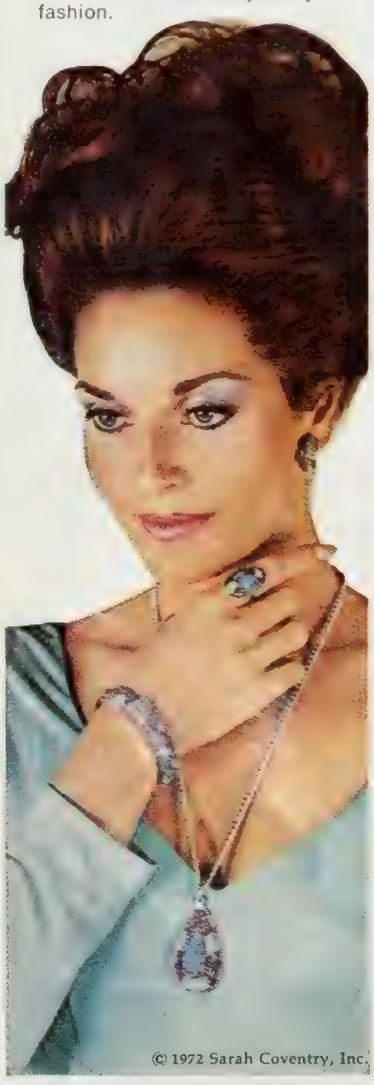
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CARS AL LEE Automotive Editor



Is your speedometer making you speed?

You're not a speeder, so you don't worry when you look in your rearview mirror and see a police car. But maybe you should.

Last year thousands of motorists who thought they were driving at or below the posted speed limit were ticketed for speeding. Why? Because their speedometers were inaccurate.

If your ticket is the result of a faulty speedometer rather than your own recklessness, the chances of taking your case to court and winning are slim. You're responsible for the condition of your car, including your speedometer.

Of course, there may be special circumstances. If, for example, you can prove that you recently had your old speedometer repaired or a new one installed, the court might look more favorably on your case.

Obviously it's cheaper and better for your driving record to keep your speedometer in good shape. Fortunately, the speedometer system is fairly straightforward. It will tip you off to trouble if you know what to look and listen for.

The speedometer dial you see on your dashboard is the outer face of the speedometer head. A flexible speedometer cable in a protective casing is connected at one end to the speedometer head and at the other end through a pinion gear to your car's transmission output shaft. The transmission output shaft drives the cable, which drives a mechanism in the speedometer head, causing the needle to move across the dial to tell you how fast you're driving.

In a few cars, the Volkswagen for example, the speedometer cable is attached to a front wheel rather than the transmission output shaft, but the basic idea is the same.

What are the usual symptoms of an ailing speedometer?

The speedometer makes a ticking or scraping noise. This could be an indication that the cable is kinked or bent and may soon break. It could mean that the coupling between the cable and speedometer head is loose. Or the cable may simply need lubrication—it should be lubricated with a special speedometer cable lubricant about every 10,000 miles. Or, finally, the drive gear in the speedometer head may be amiss. A new speedometer head runs $25.

The needle moves partway across the dial and stops. In this case there may be trouble in the speedometer head which will have to be repaired or replaced. Or the needle may be bent and rubbing against the face of the dial.

The needle flutters even when you're dri ing at a steady speed. This may be caused trouble in the cable, probably a kinked cab and housing.

The needle doesn't move. The most co mon cause is a snapped cable or one that h worked loose from the speedometer head.

But your speedometer may be in perfe health and still register your speed inaccurate if your car has the wrong size tires.

To check the accuracy of your speedomete find a friend who has a car with a speedome he knows to be accurate and have him dri at an agreed upon speed while you follow h at a constant distance, matching his speed. N whether your speedometer registers properly.

Or drive over a measured mile—mileposts turnpikes are handy for this—at a steady spe while a passenger notes how many seconds takes. To be as accurate as possible, he shou line up the milepost with a part of the car, su as the vent-window post, and note the ti you pass it, then sit still, holding his positi until he lines up the next post with the sa part of the car and again checks the time. Y can calculate your speed in miles per hour dividing the number of seconds into 3,600. use the following table.

ELAPSED TIME (seconds)	ACTUAL SPEED (mph)
90	40
85	42.3
80	45
75	48
70	51.4
65	55.3
60	60
55	65.5
50	72

Don't worry if you find that your speedo eter is slightly inaccurate. Most of them a Many auto manufacturers' specifications their 1972 models allow a variation in speedo eters of 30 to 34 miles per hour for an act speed of 30 miles per hour, and 60 to miles per hour for an actual speed of 60 m.p

But if you find a large inaccuracy that in cates a faulty speedometer, have it repair It's better to pay a repair bill than a traffic t and a lot safer than inadvertent speeding.

Bodywork: should you do it yourself?

Car do-it-yourselfism usually produces no visible results to hang a sense of accomplishment on—but that's not so with car body repairs. The outcome of your bodywork can be seen by all. Whether it's beautiful or botched.

If done right, backyard body repairs can save you more money than virtually any other k of do-it-yourself job. Done poorly, they detract from your car's appearance and re value. So whatever bodywork you underta give a lot of thought to the procedure bef

Continued on page



This Christmas, give them a history teacher, english teacher, science teacher, art teacher...



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The quest fo

From Oldsmobile for '73: Two ho



The brand-new Olds Vista-Cruiser.



It's our mid-sized wagon (116" wheelbase). Yet flip down the Vista-Cruiser's rear seat and you've got more than 85 cubic feet of usable load space.

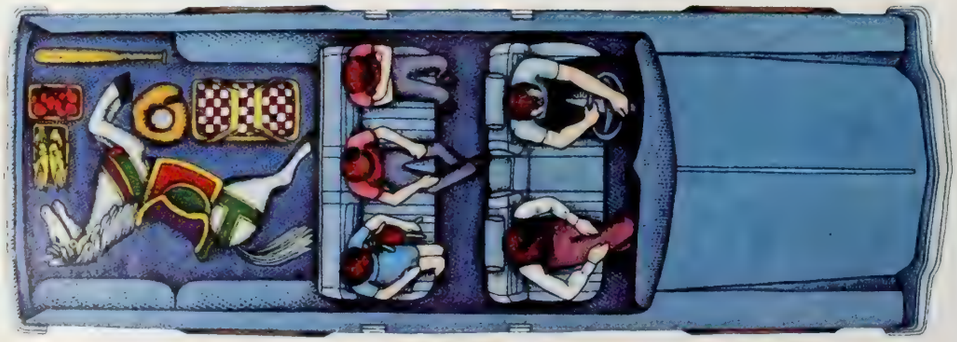
And it's redesigned for '73. Up to its roof, where there's even a new Vista Vent window that opens (and closes tight against the elements). And back to its new easy-lift tailgate that can be released electrically right from the driver's seat. (It moves, you don't.)

Two- or three-seat models are available. But in eit



case, you get deep-pile carpeting, terior paneling, all-vinyl or cloth terior, and deep-foam seats. Also Rocket 350 V8, front disc brakes, an all-new suspension system.

Vista-Cruiser. It can handle the lo haul. And a good load—in style.



Oldsmobile '73. Always a Step Ahead.

nner space.

on wagons and one little impostor.





The new Olds Custom Cruiser.

It's our largest station wagon (127" wheelbase). But more than that, it's every inch a luxury car. Wall-to-wall carpeting, exterior paneling and solid foam seats in both the two- and three-seat models. Power steering, automatic transmission, power front disc brakes, and a new hydraulic front bumper system. All standard.

The rear window is power operated. A Glide-away tailgate doesn't just open—it disappears into the floor. Leaving access to over 106 cubic feet of floor space. That's a lot of room in something as luxurious as the Custom Cruiser.

Our little impostor: the spanking new Olds Omega Hatchback.

Ever want a coupe that can double as a wagon? Well, meet the Omega Hatchback—our brand-new compact way to haul things, or people. (111" wheelbase.)

lly a fastback coupe with lots of nice Oldsmobile touches (like houndstooth upholstery). you need it, the back seat folds down, the rear door flips up, and you can load a sur- nount of cargo on a floor that's 6½ feet long.

ce the little impostor isn't really a wagon, it isn't priced like one either.





Bodywork

Continued

you begin the undertaking.

Complicated bodywork should be left to the professionals. But small dents, the kind that seem too minor to warrant the high estimates for repairs but too large to ignore, are [illegible] range of most handy[illegible] ities.

Take time to analy[illegible] ation before tackling[illegible] Has the impact cause[illegible] beyond the immediat[illegible] the dent? How difficult[illegible] to reach the back si[illegible] dent? Is the metal stro[illegible] to be repaired, or will [illegible] problems? (You may h[illegible] sort to replacement of [illegible] if rust has taken its toll[illegible]

Tools you'll need. T[illegible] good body repair is to [illegible] metal as nearly as poss[illegible] original contour before[illegible] filler material. To a[illegible] this, you'll need so[illegible] metal-bumping tools.

If your local rental s[illegible] pens to carry these too[illegible] in luck. A complete set[illegible] minor repairs can be r[illegible] about $3 a day. The se[illegible] clude several shapes [illegible] (a sort of flat hammer [illegible] ing a blow over a wi[illegible] dollies (various shapes [illegible] held tools that serve [illegible] to support the metal w[illegible] being struck with the h[illegible] and several types of h[illegible] including a two-pound[illegible] You also may need a pr[illegible] file holder, and possibly[illegible] ing attachment for your[illegible] drill.

If you can't rent th[illegible] you may want to recons[illegible] ing it yourself, since[illegible] them would mean a su[illegible] investment. Just one do[illegible] example, can cost you a[illegible] as $8.

The array of equips[illegible] necessary because it take[illegible] ing sizes and shapes of [illegible] handle the varied dents[illegible] you'll be doing, in effect[illegible] shaping the metal by str[illegible] with a hammer while sup[illegible] the underside with a dol[illegible] shape of the dolly is th[illegible] crucial factor in determin[illegible] form you'll be creatin[illegible] your hammer.

Easy does it. Sheet me[illegible] pair, like sculpting, is [illegible] The quality of your craft[illegible] in direct proportion to th[illegible] of your hammerblows. [illegible] can tap the metal bac[illegible] shape rather than pound [illegible] your hammer, you're lik[illegible] produce a better finish[illegible] About 60 glancing blows [illegible] ute is a good rate. Rem[illegible] that striking metal witho[illegible] support of a dolly creat[illegible] pressions in the metal an[illegible] worsen the damage.

If you are lucky enou[illegible] have an "oil can" dent, on[illegible]

Continued on pag[illegible]

Looking for a little help decorating your bathroom? It's built into our cotton towels.



Start with our luscious 1.85 cotton towel.

We made our towels thick and plush, of deep, thirsty cotton. So they'd have the softness and absorbency you want in towels. And, we designed them in lots of brilliant decorator prints and colors—just the kind you look for. But we didn't stop there. We took all the other things a bathroom could ever need, and colored them to match beautifully. From the bath mats on up. So you could coordinate your bathroom from the towels on down. As easy as mix 'n match! At JCPenney, we've made our towels good enough to do a room around. And there are so many different combinations to try, you're *sure* to find just what you're looking for!

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Do your whole bathroom to match.

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good toys and talking
about play for many years

Because many people have
difficulty understanding
good toys and play, we offer
this 96 page 'Guide to Good Toys'
In it you will find what
we think about play and toys
and our catalog

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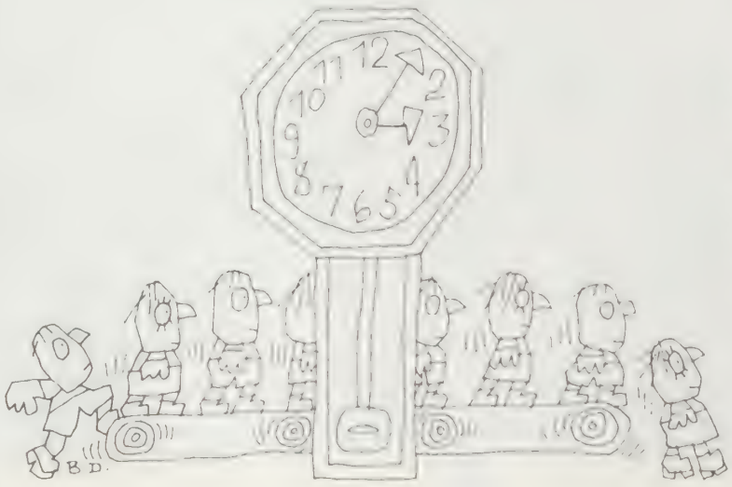
Name

Address

City State Zip

Quantity Amount enclosed B 2

How to make schools fit for children



In a typical classroom today, a teacher stands at the front of the room, facing 30 or so youngsters seated in neat rows of desks. The teacher usually does nearly all of the talking, dispensing an identical lesson. The idea, of course, is that all of the children are soaking up the lesson as it's given, learning the material at an identical level. True or false?

Probably false. For some youngsters—those of average ability—the lesson may be interesting and valuable. But the content and pace of the lesson could be too simple and slow for bright students (they're bored) and possibly far too complicated and fast for those below average in the subject (they're bewildered). Even those youngsters happily following the lesson may have questions about it all, yet they're reluctant to interrupt the teacher with their individual—and, therefore, many think, unimportant—difficulties. The result: not one of the children is learning as well as he could, and some may be falling into serious educational trouble.

Even worse, more and more youngsters are becoming painfully aware that while they go to school individually to secure an education, the school itself is not designed (and, too often, is not inclined) to teach them as individuals. The cost in wasted human potential is more than most educators care to contemplate. It adds up to what many consider the most serious educational problem facing our schools today.

What can be done?

Fortunately, American education is clearly undergoing drastic reevaluation. Check the current best sellers dealing with school reform; the titles alone present a message. Among them: *School is Dead, The Shadow Children, Our Children are Dying, Murder in the Classroom, Death At An Early Age,* and *The Classroom Disaster.* Some writers have gone so far as to advocate the complete abolition of our present school system. In his book, *Deschooling Society,* Ivan Illich states, "For most men, the right to learn is curtailed by the obligation to attend school." More realistically, however, many of our highly respected educators propose long-needed modifications for making our schools fit for children.

Running through many of these new approaches is a fundamental concept which seems certain to win widespread favor among parents and educators alike—individualized instruction—an effort to meet the needs of each child as a separate, distinctive, thinking being.

More and more educators are emphasizing the obvious: that each child is an individual and must be treated as such in the classroom. No two youngsters learn precisely the same way or at the same pace. Progress is uneven, too, within a given child; he learns in spurts, and these are not consistent subject by subject. Children even have individual learning styles.

The principle of individualized instruction is not new, though its practice is. Tradition has stood in the way of its adoption until quite recently. Learning has long been conceived of as decidedly non-individual. A teacher at the front of the room, facing those 30 youngsters with her "chalk and talk" teaching, represents an undiscriminating, mass approach to education which should be changed.

And schools are beginning to change. Of course, for every gain made there is some resistance, and for every success story one can find a compensating failure. Yet the movement for more individualized instruction in schools continues to move forward at a clip remarkable in educational circles.

How will individual instruction help your youngster?

Individualization focuses on the child rather than the teacher. This doesn't make the teacher unimportant; it simply makes the child most important. In a teacher-centered classroom a shy, easily intimidated youngster shirks from self-expression; education becomes for him a passive experience. But a child-centered room provides the atmosphere in which he can drop his guard and enter into active learning. Similarly, children who appear to lack motivation for cut-and-dried schooling often respond to individualized instruction. It can be creative, imaginative, and sheer fun.

Underachievers should find individualization their cup of tea. Pressure to keep up with the class is eliminated; competition shifts from trying to be first (something an underachiever knows he cannot be) to trying to better one's own score. This competition with oneself is the kind of challenge a below-average pupil can enter into without fear of embarrassment or frustration. Time is no longer a factor in getting ahead; achievement is not dependent on the clock. Similarly, the fast learner can progress at his own pace, gaining intellectual stimulation in the process.

To parents the individualized classroom may, at first, seem disorganized and even disorderly. Fine in theory, some say, but they question its effectiveness. That's an understandable reaction, since individualized instruction isn't in line with their concept of education; it wasn't part of their own school experience. Yet res with these programs are convi ing, even though academic g are not yet consistently evide

Educators involved in th programs would like to dem strate superiority in learn through their product. Some t show an advantage for pupils posed to individualized instr tion; other tests are inconclusi Yet it's probably too early to pect meaningful achievement results. Programs have not b running long enough, and eva ation instruments haven't b adequately developed. And in case, it isn't yet clear that all vocates of individualization aiming primarily at acade gain.

Some educators talk of "a tude change" and "behavioral c comes." They point to grea pupil interest in learning, bet behavior, reduced absenteei and tardiness.

Parents, too, report childre growing enthusiam for school der individualized instructi Said one mother: "Debbie was anxious to get back to school could hardly wait for Christn vacation to end. Believe me, didn't use to be that way."

How can schools individualize instruction?

The reforms being made go many different names: *self-select education, continuous progr education, the open classroo alternative schools.* Each one these programs is, to one deg or another, aimed at tailoring youngster's education to unique educational needs. A one innovation, specifically call *individualized instruction,* is clusively directed toward this go

- *Individualized instruction.* T is an attempt to develop a p sonal education program for ea student. It fits the program the child, rather than adjusti the student to the program. T teacher finds out what each ch needs to learn and then develo learning experiences appropria for that student. It's sometim known as prescription educati or as personalized teaching.

Three major programs ha helped to spread individualized i struction: Individually Prescrib Instruction (IPI) developed by t University of Pittsburgh; Indivi ually Guided Education (IG promoted by the University Wisconsin; and Program f Learning in Accordance wi Needs (PLAN) created by t

Continue

Log Cabin® and Thanksgiving in farm country Mill River, Massachusetts.

Mill River isn't one of the bigger farm regions of our country. It's rather a very small New England village, situated in the valley of the beautiful Berkshire Hills. Most farmers there, much in the manner of their forebears, still produce crops mainly for their own personal use.

The ones New Englanders seem to favor above all others are the corn, the carrots, the cranberries, pumpkins and squash of all kinds. Some of these were introduced to the Pilgrims by the Indians and were included when America celebrated its first Thanksgiving in 1621.



New England farm cooking is wholesome, nutritious, homey and plain. But sometimes, especially Thanksgiving, the cooks allow themselves the pleasure of adding an extra special touch to their food. Such as a glaze to give spirit to their freshly harvested vegetables.

How wonderful it must have been when the Log Cabin brand appeared in 1887. It was just about the first blended syrup ever. And its mellow rich taste gives an old fashioned flavor to glazes.

Here are some harvest vegetable recipes from the Log Cabin kitchens, beginning with acorn squash, one of the most authentic of American food traditions.

Log Cabin and Baked Acorn Squash.

Cut 3 medium acorn squash in half; remove seeds. Place, cut side down, in shallow baking dish, covered on bottom with boiling water. Bake at 400° for 30 minutes. Remove from oven and turn squash. Place 1 to 1-1/2 tbsp. Log Cabin Syrup and 1-2 tbsp. butter in each squash; sprinkle with salt. Continue baking, basting once with syrup mixture, until tender, about 30 minutes. Makes 6 servings.

Cranberries have always had an important role in the New England cuisine.

Here's our recipe for cranberry-orange relish.

Log Cabin and The Cranberry.

Bring 1-1/2 cups Log Cabin Syrup and 3 cups fresh cranberries to boil. Cover and cook 5 minutes. Remove from heat; let stand, covered, 5 minutes. Then cook 5 minutes longer. Remove from heat; stir in 2 tsp. grated orange rind. Cool; then chill. Makes 2-1/2 cups relish.

A Log Cabin glaze makes almost any vegetable come alive.

Log Cabin and Glazed Carrots.

Simmer 1/2 cup Log Cabin Syrup and 3 tablespoons butter in skillet 2 minutes. Add 1 pound cooked carrots—if carrots are large, cut into 3- to 4-inch pieces. Cook slowly 10 minutes, turning frequently to glaze. Makes 4 or 5 servings.

The main tradition of American cooking got its start in New England. The early settlers learned how to adapt their old-world food traditions to the new raw materials they found. If a new dish wasn't to their liking, they changed the recipe until it was.



Log Cabin's changed too. Through the years it's been refined and fussed with to suit America's changing tastes.

Try using a Log Cabin glaze on your Thanksgiving vegetables, and have a happy holiday. Log Cabin and Thanksgiving. Two of America's all-time favorites.

GF
GENERAL FOODS KITCHENS

The Log Cabin Brand. America grew up on it.

How to make schools fit for children

Continued

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"Cooking Magic T.M. is a lot more than a roasting bag. It's great for my favorite turkey leftover recipes, too!"

Mrs. Annette Ross, Englewood, Colorado



Send 25¢ for Cooking Magic Bag Cookery Cook Book: P.O. Box 9436, St. Paul, Minn. 55177

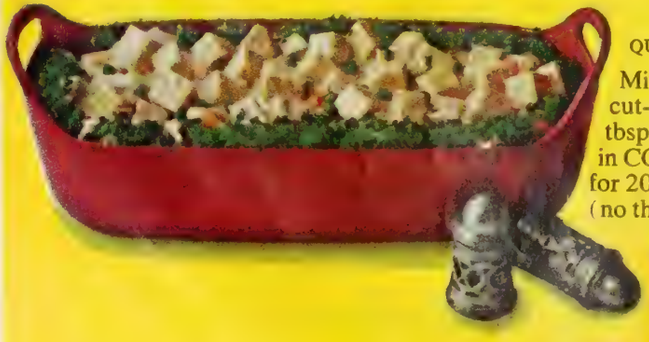
Roasting a turkey doesn't have to be such a tough job. Roast your turkey to juicy, tender perfection in a COOKING MAGIC cooking bag. And with so little effort. The turkey bastes itself. Browns itself. The juices don't spatter all over your oven! And what's extra-special, COOKING MAGIC bags are great for leftovers, too. They taste fresh-cooked, with all the flavor your family wants. Just put the leftover recipe ingredients in a COOKING MAGIC bag, freeze. Reheat anytime in the same bag.

For juicy turkey leftover ideas, see the tips below:

TURKEY CHOW MEIN

Mix cut-up turkey (⅓ to ½ cup per serving) with your favorite chow mein recipe or a prepared mix. Put in a COOKING MAGIC bag. (To save for future meals, *freeze flat* until ready to use.) Heat for 20 to 25 minutes in boiling water in a covered saucepan (if frozen, no thawing necessary). Serve over white or yellow rice.





QUICK TURKEY TREAT

Mix 4 cups turkey gravy or packaged chicken gravy, 2 cups cut-up turkey, 2 cups cooked peas and carrots with 1 tbsp. instant minced onion. For freezer storage, *freeze flat* in COOKING MAGIC bag. When ready to use, heat for 20 to 25 minutes in boiling water in a covered saucepan (no thawing necessary). Serve over hot biscuits. Serves 4 or 5.

Look for this free turkey size bag offer this holiday season.



Westinghouse Learni
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Research seems
that individualized
makes school a mu
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In an IPI program
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Individualized instru
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Elegant Introductory Offer



EW "Isabella"

I proudly introduce new
ella as the latest addition
ur selection of stainless flat-
patterns. In Oneida Community
ity, Isabella is styled with the bold
antic spirit of Spain. Crafted of
stainless, Isabella is designed
finished to handsomely accent
table setting—either contem-
ry or traditional. And, it's a
ern that will keep its beauty
ears to come.

our taste runs to Early
rican, choose Patrick
y. Or select Via Roma in
iterranean design, tra-
nal Chatelaine, timeless
Rose or Scandinavian Vinland.
's a wonderful opportunity to start a
n your favorite pattern, now at
ial savings.

tty Crocker

Five-piece place setting $2.95 in Oneida Community Stainless

sabella

P. Henry

My Rose

Vinland

Via Roma

Chatelaine

The 5-piece place setting includes: dinner fork, deluxe hollow-handle knife with forged blade, salad/dessert fork, oval soup spoon and teaspoon. All for $2.95. (You'd expect to pay over twice as much in stores for a 5-piece place setting of this quality!)

Complete your set, from time to time, with individual pieces from open stock at big savings with Betty Crocker Coupons you'll find on over 175 General Mills products including Betty Crocker Mixes®, Big "G" Cereals®, Gold Medal® Flour and New Hamburger Helper® Dinner Mix.

Discover hundreds of lovely items to save for in the Betty Crocker Coupon Catalog that comes with your order.

If not entirely satisfied, return merchandise within 10 days and your money will be refunded. Order today! Offer expires Jan. 15, 1973.

General Mills, Inc., Box 36
Minneapolis, Minnesota 55460

I enclose $2.95 (check or money order) for my 5-piece place setting of Oneida stainless in the pattern checked below:

(PLEASE CHECK ONE)

☐ Isabella ☐ P. Henry ☐ My Rose ☐ Vinland ☐ Via Roma ☐ Chatelaine

Name_____

Address_____

City_____ State_____ Zip_____

Limit one place setting per family, please. To assure delivery, give zip code. Offer good only within U.S.A. Offer expires January 15, 1973.

How to make schools fit for children

Continued



**The 1973 Ford Country Squire.
Now there are more reasons than ever
to make it your next wagon.**



Famous 3-Way Doorgate.



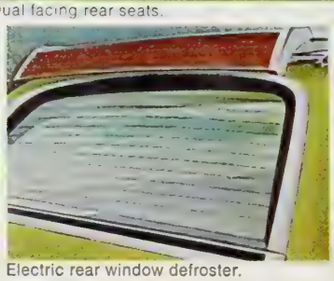
Dual facing rear seats.



Load space takes 4 x 8 building panels.



Reclining passenger seat.



Electric rear window defroster.



Power Mini-Vent windows.

One reason more people buy Ford wagons is our wide variety of features. Like the 3-Way Doorgate that opens out for people and down for cargo, and Ford's dual facing rear seats. Now we've added windshield washer jets mounted on the wiper arms. A spare tire extractor. Optional Power Mini-Vent windows. Ford wagons include the full-size Country Squire (above), mid-size Torinos and little Pintos. All with energy-absorbing bumpers and optional steel-belted radial ply tires tested to give the average driver 40,000 miles of tread life with normal driving. At your Ford Dealer.

LTD Country Squire. Standard features include woodgrain body-side, tailgate treatment, 3-Way Doorgate, automatic transmission, power steering and brakes. Other equipment shown is optional.

When it comes to wagons, nobody swings like Ford.

FORD WAGONS

FORD DIVISION Ford

All 1973 cars must meet Federal Emissions Standards before sale. See your Ford Dealer for details.

ers can plan, diagnose
and monitor learning
aides often supervis
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Research and exper
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Continued on a

HONESTY IS THE BEST POLICY.



We at Keller build quite a dining room for this day and age.

We build it of wood, solid and real. Only the tabletop is specially laminated, to guard against spills and burns.

We use machines where machines work best, hands where hands work best, and our eyes the whole time. Matching grains, checking joints, observing details, noticing things, making sure. 46 inspection steps in a chair alone.

We build our dining room furniture this way in several lovely styles, for your choice and pleasure.

We scale it with a sense of proportion, to create a feeling of space even in a small area.

We also price it with a sense of proportion.

It isn't easy to do all this any more.

We do it because it's right.

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We want everybody to eat better.

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What Can You Do About Today's $80-a-Day Hospital Costs?

Like everything else, the cost of being sick or hurt has gone up sharply. The average daily cost of a stay in the hospital has already climbed to over $80.00 a day. Experts say they'll rise even higher.

These fast-rising costs have put millions of Americans in a dangerous spot, because their health insurance is no longer enough to pay the bills. They'll either have to pay a big share out of their own pockets—or buy more insurance, using money they'd rather save for the future.

But now there's a remarkably different kind of *money-back* hospital protection that acts like a two-way plan to help solve this problem. It's a low-cost plan you can add *without risking a penny* because it also pays you if you stay well! If you don't need the benefits, you get a big refund at maturity.

If you go to any regular, general hospital, this low-cost plan pays you $300.00 tax-free every week—that's $42.85 each and every day you're in the hospital—for up to 100 weeks . . . up to $30,000 in all for each separate sickness or injury originating after issue date. The only exceptions are mental disturbance and normal childbirth. Everything else is fully covered, starting your very first day in the hospital.

You get your full $42.85-a-day benefits *in addition to* benefits you collect from any other insurance, including group. The money is sent directly to you. You can spend your $300-a-week checks as you see fit to avoid a big loss when sickness or injuries strike.

But that's not all! This remarkable hospital plan *also* says you no longer have to be sick or hurt to collect. If you stay well and keep the protection in force until maturity, you *still* get a big check—a full refund of at least 90% of all your premiums —and 100% if you prefer to pay premiums on an annual basis. It's like having extra savings set aside for your future pleasure and security.

You don't even have to stay 100% healthy to get money back. If you collect *less* than the total annual-premium amoun you get a refund of the difference.

So sick or well—you can collect! It's th "can't lose" answer for people who n longer want to gamble against today's med ical costs.

This remarkable $42.85-a-day, $300-a week Money-Back protection GR779 guaranteed by Bankers Life and Casualt Co., whose famous White Cross Plan pol icies protect over 7,000,000 Americans. An the White Cross Plan includes low-co protections to help folks over 65 pay bil Medicare doesn't cover.

The story of this remarkable hospit plan* that can also pay you money if yo stay well—and "Over 65" plans to hel with the bills Medicare doesn't pay—is i the Gold Book, an informative bookle offered free by Bankers.

****For your free Gold Book, fill out an mail the postage-free card bound in next t this page. There's no cost or obligation.*



One of two things will happen—you'll either get sick or hurt and go to the hospital, or you'll stay well. Life's twice the fun knowing that, either way, you must get paid.

Not available in California. In Californi Money-Back health insurance is offered b an affiliated company, Certified Life Insu ance Co. of California.

People over 65 get the money they need to help with Medicare.



Should a husband and wife own property together?

t depends upon what kind roperty it is; how you in- to use it; the size of your ble holdings; and what you t to happen to the property n you die.

robably you already own a ber of things together, like family car, your home, or a checking or savings ac- t. With the right kind of ual ownership, such arrange- ts may work to your advan- for all sorts of property, in- ing investments and real e.

owever, there are legal and tical differences among var- kinds of co-ownership. Al- he rules generally differ for estate and for personal prop- such as bank accounts, in- nents, and personal posses- s. And there may be cases e you don't want co-owner- at all. Whatever your es, legal counsel usually is sable.

t are the advantages?

iefly, certain kinds of co- ership allow you to avoid legal entanglements and s when one owner dies. surviving owner immediate- ains full ownership and the to use the property. It can- become involved in probate. can it be tied up in the set- ent of your estate, no matter your will may say.

t are the disadvantages?

r one thing, you must se the right kind of co-own- p for your purposes. Other- you may find that things t actually set up the way wanted—when one owner for instance.

nother problem could arise e case of debt. If either of ncurs a debt, property you jointly may be vulnerable, though the other owner had ng to do with the debt. laws may vary.

ll another problem is that most kinds of joint owner- neither owner has exclusive ol. One owner couldn't sell ut the other's consent, for nce. That arrangement may ne when a relationship is . But what happens when e seriously at odds?

rthermore, there can be delay in transfer of title one co-owner dies. The may stop payment on s in a joint account until it ared by state tax authori- The same may happen with securities, brokerage accounts, and savings accounts. Such delays usually are far shorter than those occurring with probate. Still, it's important that each of you has access to some funds not jointly held, so the survivor isn't stranded without cash.

How can you avoid problems?

Before you take title to any important asset, be sure to understand the different ways—if any—you may be able to set up the title arrangement. Among other things, will both of you have ownership, or only one of you? Must you both sign in event of sale? What effect on ownership will the death of one of you have? What will be the consequences of divorce? To answer such questions, your lawyer may need to know certain facts, such as where the money came from to buy the property.

When should you check?

1. Before you first become owner of an important asset, such as real estate, life insurance, or shares of stock or corporate bonds.

2. When you get married—especially if at that time you already are the owner of significant assets.

3. When you move your home from one state to another. You may find that your present arrangements won't work the way you want under the new state's laws.

4. Periodically. Your assets and objectives change over the years, and there also may be some change in the law.

How do you tell who's owner?

There are several legal ways to state how a husband and wife own their assets. Among them: John Doe, a married man; John Doe, a married man, as his separate property; John Doe and Nancy Doe, husband and wife; Nancy Doe, a married woman, as her separate property; John Doe and Nancy Doe, as joint tenants with right of survivorship; John Doe or Nancy Doe. The exact wording can make a lot of difference.

Even if only one of you is shown as owner, your spouse doesn't necessarily lack ownership rights. Say you live in California or one of the seven other "community property" states. Title shown as "John Doe, a married man" ordinarily means that the property is community property. Nancy Doe actually

Continued

If you use a dandruff shampoo on Tuesday, and dandruff's back on Thursday...



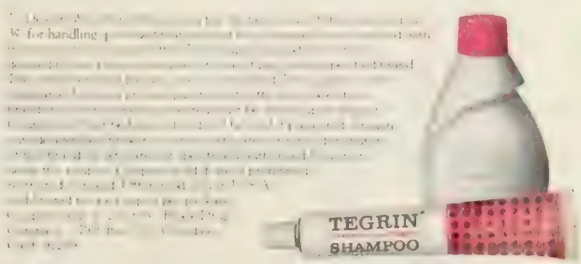
Face up to it, maybe what you've got isn't ordinary dandruff.

Ask your doctor. Flaking, scaling, and itching could be early signs of eczema, seborrhea, or psoriasis...which is why ordinary dandruff shampoos may not relieve these symptoms. But TEGRIN Medicated Shampoo guarantees relief—or your money back.

It penetrates to the scalp to loosen and wash away flakes—medicates the scalp to help control flaking, scaling, and itching with regular use.

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20¢ STORE COUPON BH 20¢



If the heat this summer convinced you that you ought to have central air conditioning to help you get through *next* summer, your York Dealer* could have a proposition for you. It's a basic exchange of favors. Do him a favor by letting him install York Central Home Air Conditioning now, and he'll do you a favor by seeing to it that you don't have to pay a dime on it before May 15, 1973, assuming, of course, that you have a good credit rating.

What's more, some York dealers may charge less for your unit now than they will next year.

So why wait? And take a chance on waiting even longer after the heat hits, and our men are working twelve-hour shifts just to keep up. Call your participating York Dealer today. He'll show you how you can be cool from the first hot day next summer – without putting any heat on your wallet this winter.

YORK BORG WARNER
York, Pennsylvania 17405

*Participating dealers only

owns an "undivided ha
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though you were equal
partners. By contrast,
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mediate rights regardi
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What happens when yo

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**What happens when o
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The basic question is
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On the other hand,
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fits your purposes.

What about divorce?

Title often makes a d
The major problem is
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counsel is advisable.

**What does "or" owne
mean?**

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C

FAMILY MONEY MANAGEMENT

Should you own property together? *Continued*



What sets did the press bring to Miami Beach?

If anyone ever needed a bright, sharp color TV picture, it was the newsmen covering the political conventions.

A picture so sharp, they could make out who that was, at the center of all the attention, in the V.I.P. Box.

A set so reliable, it wouldn't conk out in the middle of a crucial roll call.

In short, a Sony Trinitron. The news media brought more Sony TV's to the conventions than all other makes put together.

We know because we counted them. At a typical session, we counted 102 Sony sets out of a total of 199.

In the press galleries. In the glass booths of the TV newscasters. In the control rooms and work areas behind the scenes.

And don't think that, in order to do this ad, we gave away a single Sony. The news media *bought* them from our dealers. the same way you do.

One of the big TV networks, alone, bought 29 of our Trinitron color sets.

Why Sony, when they could have had any TV in the world? It must be our bright, sharp, reliable Trinitron picture. No one else has the same picture, because no one else has our Trinitron all-solid-state system.

Did you know it now comes in 9, 12, 15, and 17-inch-diagonal screen sizes?

At the conventions, you probably watched your favorite TV anchorman watching a Sony.

At the elections, watch a Sony yourself.

SONY. Ask anyone.



The Francesca Collection...



the Benchcraft Collection...



the Cabernet Collection...



...and the Mrs. Thea Hammer Collection. (All by Drexel.)

A lady who serves her pork chops topped with cheese sauce and meringue is not going to be conventional about anything.

Least of all her furniture.

Mrs. Thea Hammer romped through three of our collections to put together one of her own. And it didn't bother her a bit that she was mixing classic Italian with country French and American Shaker. She figured that all the things she liked would be able to live happily together. Which is why the Thea Hammer dream of a den is as unique and surprising as her dinners.

Thea found all she needed for her mix-and-match manner in the 27 different Drexel catalogs. (Which made her particularly happy, because she knew she could rely on the quality. One less thing to worry about!) But her eclectic approach to life may not be yours. You may prefer to stick to one style only, as a truer expression of you. So for you, we have a whole range of different collections, each comprehensive enough to furnish a whole room.

If you would like to see some of our styles, send $1 for a set of our booklets and room planning kit to Drexel Furniture, Dept. BH11-72, Drexel, N.C. 28619. For the name of the Drexel dealer near you, call free 800-243-6000. In Connecticut call collect 800-942-0655.

Drexel

Another fine name
from Champion International

Should a husband and wife own property together? *Continued*

ou both must sign the check.

What about life insurance?

Most valuable assets that are ocumented on a special piece of aper show the name of the wner on the document. Often his is not true of life insurance olicies taken out by the insured n his own life, however.

You shouldn't assume that he named insured is the owner. tate law, the source of premim payments, and agreement between spouses are what count. A husband may be the owner of only a half interest of a policy on his life. In community property states, the policy might be split into equal policies for each spouse—in the case of divorce, for instance.

Are income taxes affected?

Whenever there is income from assets—interest and rent, for example—the income usually belongs to the owner. However, if you file a joint income tax return, it is probably immaterial whether either or both of you own the income-producing asset.

Will there be problems with estate taxes?

There can be, especially when either of you will have an estate exceeding $60,000 (that includes insurance). Quite simply, the federal government considers any property held in joint ownership to be part of the estate of whoever dies first. The only exception is when the survivor can prove he paid for part or all of that property. In that case, only the amount he didn't pay for is subject to federal inheritance taxes.

Even with relatively small estates, unwise joint ownership arrangements might eventually diminish your children's inheritance unnecessarily. Your best bet is to ask your lawyer about all the possible effects of joint ownership upon your estate.

Most important, never consider joint ownership as a convenient substitute for a will. Whatever your property, and however it is owned, you each should have a will.

What should you consider about gift taxes?

Suppose you start off owning something "as husband and wife." Then you want to change it so one of you becomes sole owner. That's easy to do, if you both agree. But beware of the amount you're transferring. You may have to pay a gift tax. Each of you is allowed to give away $3,000 a year and $30,000 over your lifetime without incurring a gift tax—and no more!

The gift may even occur at the outset. For example, say the funds you use to acquire the property really are family funds you both own. Technically, a gift occurs when you make the title to the property different from ownership of the funds.

Money: how to help when a parent is ill

a parent becomes bedridden or ncapacitated through illness or njury, what can you do to help nanage his finances? Can you get his accident policy from his safe deposit box, for instance? What if he can't sign checks? Who pays the bills—and how?

Simple steps taken while your parent is in good health and of sound, clear mind may forestall problems for everyone involved. It's best to discuss these matters now, so you're prepared. But remember that this takes tact:

Continued

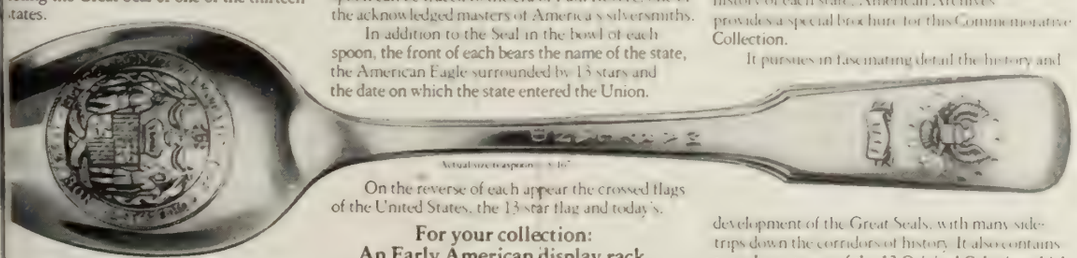
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pportunity for collectors and all who cherish their nation's history. is promises to be a valued ession for anyone who reserves a special edition set.

he tributes to America's birth that are g as we near our Bicentennial. here is one of nificance.

of America's greatest silversmiths has a set of 13 silverplated spoons, each individ- icting the Great Seal of one of the thirteen tates.



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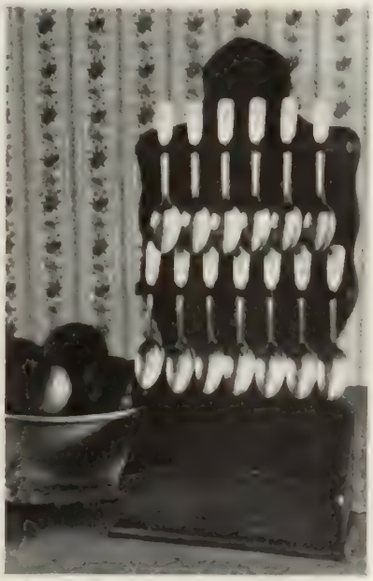
The world-famed International Silver Company has devoted its skills to this handsome set. Plated with pure silver and finished to reflect the patina of Early American coin silver. The actual silhouette of the spoon can be traced to the era of Paul Revere, one of the acknowledged masters of America's silversmiths.

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Money: how to help when a parent is ill

Continued

many older people are proud (or suspicious) when it comes to money matters. Still, you need specific answers to specific questions. You could save considerable time and money when a crisis arrives, as well as help to protect your parent's assets.

1. Incoming money. Know what checks to watch for in the mail: pension, social security, dividends, annuities, and so forth. If mail is delivered to a post office box, be sure to have the box number and location of the key.

Putting money into a savings or checking account is easy. Anyone can deposit a check so it is credited to the account of the payee. Many banks have a stamp reading, "Credited to the account of the payee, absence of endorsement guaranteed," or words to that effect. One exception is an insurance check in settlement of a claim. This usually requires personal endorsement. Ask your banker to help with these problems.

2. Checking account. The only way to write checks on your parent's account is to arrange it together in advance. A joint account arrangement is simple and common. Facts you should know: Where is the checkbook? Where are the canceled checks? Is the balance correct? What is the account number? Is there more than one checking account he maintains?

3. Savings account. Anyone can deposit money into a savings account. Withdrawals, however, require advance planning. Many banks recommend joint accounts as the quickest, easiest answer. Important questions: Where is the bank book? Are there several accounts? Is there a special one for extraordinary expense?

4. Hidden cash. It's best if you know whether there's extra cash tucked away somewhere in case it's needed. But be very tactful about this point: that cache may provide your parent with a special psychological boost.

5. Safe deposit box. Important papers like insurance policies or an army discharge certificate may be needed. If your parent agrees, you both should sign a few forms at the bank so you may become a deputy and gain access to the box when necessary. Be sure you know where the key is. And find out if there are valuable documents stored in some place other than the safe deposit box.

6. Insurance policies. Important information to have: Medicare number, Blue Cross & Blue Shield group number, certificate number, and type. List insurance policies, noting coverage, company, and the local agent's name. Where are the policies kept? When do premiums come due? What about blood bank, supplementary hospitalization, or benefits that might be available from fraternal groups?

7. Stocks and bonds. Know t investment firm and the broke name, and let them have yo name. If sizable amounts money or stocks are kept on a count, this information is esp cially vital.

8. Bills. Make a list of regu bills. Also note special bills th fall due from time to time, li car insurance, club dues, prop ty taxes. Where are unpaid b kept? Are there any outstand loans?

9. Income tax. Where is curr information kept? Where is year's return? Is estimated qu terly tax to be paid?

10. Names, addresses, pho numbers of your parent's l yer, accountant, doctors, mi ter, drugstore, neighbors, and liverymen. Having this infor tion in advance can save a gr deal of time.

11. Power of attorney. W power of attorney, you have legal rights to do everything y parent could do with his mo

Contin

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Money: how to help when a parent is ill

Continued



and possessions. To make rangement, you need yo ent's consent and the serv a lawyer. This can be an compassing solution, b that may not suit your p wishes, so talk it over ca

If your parent become incompetent to manage fairs, the court may arr have you or another pers over as guardian—whethe your parent consents. (stage, any current power o ney arrangement is dis State laws vary about h when this may happen. it will entail court costs a fees. In addition, there management fees that c several hundred dollars a an estate of, say, $50,00 Any individual appoin guardian—even though relative—will have to b ed. And there will be mi counting and legal fees cally when the court the various tasks the g has performed.

If possible, other arran should be made in adv avoid this critical step. A of incompetence means up many rights—the r vote, marry, drive a car, witness, for example. Do get that the psychological the person declared inco can be very severe. In about 18 states plus the of Columbia, someone w he is not able to handle affairs can petition the c appoint a guardian—a avoid the unhappy stigm ing declared incompeten

12. Voluntary arrange Make sure your parent c setting up a formal ment for money-man assistance. There are forms of trusts, mutu withdrawal accounts, a nuity contracts, for e which provide regular dures for issuing cash, paying bills, and genera tecting your parent's ass cuss several of these po with your parent's lawye er, insurance agent, and It could be the best way things in order without mining your parent's s dignity. ■

Family Money Management Next Month:

- The right retiremen when you're self-em



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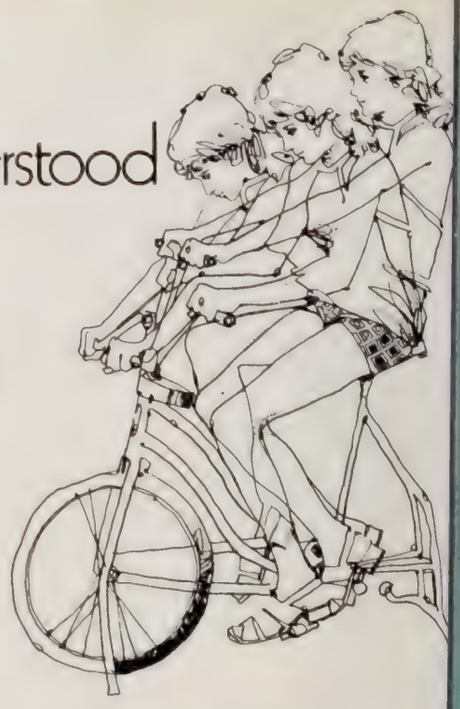


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Fifteen misunderstood facts about exercise



Our pioneer forebears may have had it rough, but at least didn't have to worry about getting enough exercise. To push-button living, for all of its convenience, poses a real block to physical fitness.

What's the solution to a sedentary existence? The obviou swer is exercise. But what kind? How much? And how d get the most out of it? To find the answers, you need to the facts and reject the fantasies about exercise. Here, in type, are 15 of the most common misconceptions about cise, followed by the sometimes surprising facts.

1. The older you are, the less you need exercise.

Not so. Older adults need exercise as much, perhaps more younger ones, who are less apt to be troubled with stiff joints and poor circulation. The kind of activity an indi undertakes should, of course, be suited to his strength and of health. Generally, it's a good idea to lessen the intens exercise with each passing decade, but prolonged inactivity benefits anyone. As a rule, the older a person grows, the sedentary he tends to become, and the more he needs ex

2. Exercise causes weight loss.

If you expect to lose weight simply by exercising, you'll ably be disappointed. While physical activity is import weight control, it's only half the story. The other half is diet. Here's the way it works: If, over a period of time, y the caloric amount of food you need to replace the energ expend, your weight will remain about the same. If you eat than you need, you'll wind up gaining weight unless your cal activity increases proportionately. If you cut down on ries as you continue to exercise, you'll lose weight. In words, the key to weight control is a matter of balance be energy intake (food) and energy output (exercise).

3. Exercise contributes to obesity by increasing app

No. Researchers have noted that engaging in vigorous ex just before mealtime tends to decrease, not increase, the ap But even if a lean person in good condition should eat mor an exercise period, he stands little chance of gaining because his increased activity generally burns up the extra ries he consumes. And the obese individual has even less to be wary of exercise on this account. Because he has stores of fat to draw on, moderate exercise isn't likely to late his appetite at all. As one recent study of overweight points out, obesity usually begins with a decline, not an in in physical activity.

4. All kinds of exercise are alike.

Only in the sense that they all contribute in some meas

Cor


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8:05 A.M.
Suzy Warner starts to put down an Armstrong Place 'n Press® Excelon® Tile floor.



For the average individual in need of conditioning, exercise involving body movement and muscular action is more beneficial than exercise dependent on isometric muscular action alone. And, except in the young and healthy, isometric exercises greatly increase blood pressure.

Exercise requiring body movement, muscular action, and moderate amounts of additional oxygen for sustained periods of time—exercise that qualifies as aerobic, in other words—is generally acknowledged as the most beneficial, mainly because it steps up heart and circulatory action to a healthful degree without demanding excessive expenditures of energy.

5. Walking isn't exercise. It really is, and one of the best forms at that, though not, of course, when it can be described as sauntering, or idly strolling along. Brisk walking at a steady pace is what's needed to increase oxygen intake, exercise the heart, and put the leg muscles to good use, which, in turn, stimulates the forceful flow of blood back to the upper parts of the body.

6. Proper exercise is time-consuming. Far from it. With a goal of one hour a week in mind, most people can improve their fitness considerably with as little as f or ten minutes of exercise a time; in fact, more than that start with is inadvisable. Th there's another way of looking it: Allowing eight hours a ni for sleeping, there are still 1 hours left to a week. Who c honestly say that devoting o of them to exercise would se ously curtail other activities?

7. Housework isn't exercise. Expenditures of physical ener regardless of where they ta place, can be classified as ex cise, so housework definit qualifies. Mopping the floor fo half-hour has as much value a brisk walk; climbing stairs complishes the same thing climbing hills; and even swee ing or ironing does as much fitness as an equal amount time spent bowling or play golf with a cart.

8. To be beneficial, exerci must be exhausting. Exhausting, no. Healthfully tiguing, yes. An exercise wor of the name ought to be vig ous enough to tax your bo somewhat. Unless your hear beating faster, and you're ti and a bit out of breath af ward, you haven't really ex cised, but have merely "g through the motions." In fact fitness improves, it becomes cessary to exercise harder and

FAMILY HEALTH

Misunderstood facts about exercise

dynamic fitness, a physical condition that includes heart and lung efficiency, muscular strength, joint flexibility, balance, coordination, agility, and endurance, another word for stamina. Otherwise, here's how exercise varies.

Type of exercise	How it's done	What it does	Some examples
Isometric	by tensing one set of muscles against another, or against an immovable object	increases size and strength of muscles, particularly in the arms and legs	pushing against opposite sides of a doorjamb, or pulling up on a chair you're sitting on
Isotonic	producing body movement by contracting and relaxing the muscles	increases muscular strength, agility, coordination, and joint flexibility	weight lifting, calisthenics
Anaerobic	by demanding maximum energy output for brief periods of time	builds up the kind of stamina called for in athletic competition	a 100-yard dash, or bicycle sprint
Aerobic	by subjecting the body to sustained vigorous activity	tones up the body and builds endurance	running, swimming, cycling

10:02 A.M.
Halfway through. It's easy. Just peel off the paper backing, place, and press.



:36 A·M·

Suzy comes to a wall, she cuts the fit, using ordinary scissors.



less of his age. But anyone out of condition should scrupulously observe these precautions:

- Get a medical checkup and your doctor's okay before plunging into any exercise program.
- Take a few minutes to warm up before vigorous exercise, and cool down slowly afterward; this acts as a safeguard against the strain that could result when the body is forced to spring abruptly into high gear from a state of rest and back again.
- Play it safe by resisting any temptation to keep pace with people who are in better condition or more used to strenuous activity than you are.
- Consider the weather. Vigorous outdoor exercise should be limited to about an hour, including several planned rest breaks, when the temperature reaches 80 degrees and the humidity registers 80 percent or higher.
- Don't overdo. Remember: from day to day there may be great variation in the physical activity you can do. You're going at it too long or too strenuously if your heart is still beating noticeably harder and you're out of breath five minutes after you exercise.
- Heed the warning signals. Nausea, extreme breathlessness, pounding in the head, or pain in the chest during an exercise period, or, for that matter, during any physical activity, means that you're exceeding the limits of your endurance and should stop at once.

14. Exercising once in a while is better than not exercising at all.

If you don't exercise regularly, say the experts, you're just as well off not attempting an exercise program at all. Sporadic bursts of energy can subject your body to undue strain, and any headway you might make will dissipate over extended periods of inactivity. Naturally, daily sessions are best, but if your routine rules them out, the next best plan is to exercise at regular intervals—twice a week, every other day, or whatever schedule you feel you can adhere to.

15. Exercise automatically increases your life-span.

With so many factors involved in longevity (heredity is a very important one) no one can offer such a guarantee. Nor can anyone promise that exercise will provide immunity against infectious illness, heart attacks, or strokes. What medical authorities see in exercise is an aid in coping with physical and mental stress, and a way to develop and hold a level of vitality that lets us enjoy life more, however long it may be. ■

er periods in order to get ame tonic effect and achieve ier improvement.

trenuous exercise is bad he heart.

is a double-barreled misception based on the notions the "enlarged" heart of the te is a condition to be led, and that strenuous exercan damage a healthy heart. here is, of course, such a as an *unhealthy* enlarged t, but it bears no resemce to the athlete's heart h, like any other muscle he cises, tends to become r, stronger, and, as a consece, increasingly efficient. As ie fear that strenuous exercauses heart damage, medauthorities will tell you that other muscles of the body tire and "give out" during ical activity long before a hy heart can be adversely ted.

Athletes die young from much exercise.

Comparative studies have conducted repeatedly ng persons who engage in tics and those who don't. vidence has yet been found pport the belief that athletes en their life-span by "burnthemselves out" in their n. Statistically, athletes live st as long as their less active contemporaries.

11. Children don't need regular programs of exercise.

The average child does. Even though he starts out more than active enough to maintain a state of physical fitness, his physical activity tends to dwindle as time goes by. By the time he's in high school, he devotes perhaps two hours a week to pursuits calling for the use of physical energy. And the overweight child who often shies away from participation in active games is even more in need of regular exercise.

12. It's dangerous for a pregnant woman to exercise.

Exercise kept within sensible bounds poses no threat to a pregnant woman as long as she is free of conditions that would, in the estimation of her obstetrician, rule it out. In fact, appropriate exercise offers the pregnant woman an added advantage because it tones up the back and abdominal muscles, which must perform during the birth process. Exercise may even be helpful in preventing the backaches that frequently follow childbirth.

13. Exercise is risky for persons over 40.

Precluding accidents, exercise is never risky for a healthy person who is accustomed to it, regard-

11:58 A·M·

Done. Starting right after breakfast, Suzy is finished by lunch.

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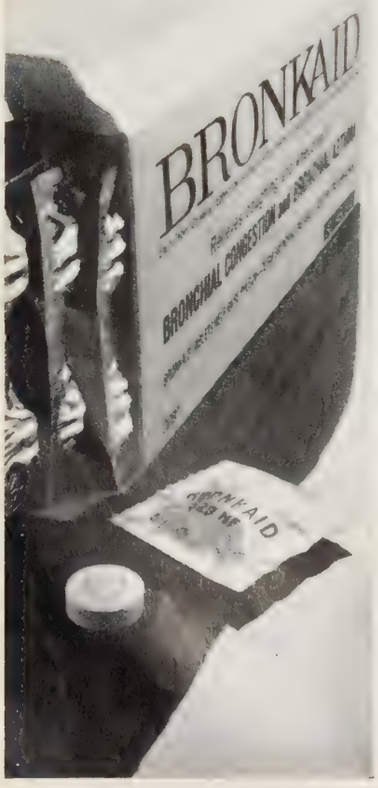
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Should you set up a family trust?

Don't think that trusts are just the province of the very rich. There are a number of ways you can use the trust principle, too, in order to gain tax advantages, possibly avoid probate, and pass a greater portion of your assets on to your heirs.

Basically, a trust is a legal instrument through which you turn property over to an institution or individual, who will hold and administer these assets for the benefit of whomever you name. Often there are ways you can maintain some control over how the assets are administered.

Though some trusts are complicated, there are three relatively simple devices. Say you want to put aside $1,000 for your teen-age daughter. You can:

1. Open a savings account, *John Adams trustee for Catherine Adams.* (Some states don't allow this type of arrangen

2. Buy securities and take as *John Adams custodian Catherine Adams under Un Gift to Minors Act.*

3. Buy U.S. "E" Bonds take title as *John Adam Catherine Adams.* (There various ways to state this.)

These three methods fo complishing the same broad pose differ in some details, a following chart shows:

	Bank or Savings Account. John Adams trustee for Catherine Adams (not permitted in some states)	*Under Uniform Gifts to Minors Act.* John Adams custodian under Uniform Gifts to Minors Act for Catherine Adams	*U.S. "E" Bonds.* John Adams or Catherine Adams (or a variation of this title)
How long does it last in normal circumstances?	Until the money is withdrawn or account closed by John.	Until Catherine becomes 21 (or whatever age state law prescribes).	Until cashed in by Jo or by Catherine.
What property or assets can be included?	Cash.	Depends on state law. Usually cash and corporate securities only. Sometimes other assets, but not real estate.	Cash used to purchas "E" Bonds.
Can John properly withdraw the money asset for his own use?	Yes, but law may be different in some states.	No.	Yes, usually
Can the money/asset be spent for Catherine's benefit?	Yes.	Yes, if income and property used for support, maintenance, education, and benefit of minor.	Yes.
Who is taxable on the interest or dividends?	John.	Catherine—except John is taxable to the extent that income is withdrawn and used to discharge obligation of support.	John.
Has a gift been made under U.S. gift tax laws?	No.	Yes, but not reportable if within the $3,000 annual gift tax exclusion. See lawyer if gift is $3,000 or more.	No—unless cashed by Catherine.
If John dies (Catherine is living), who gets the asset?	Almost certainly Catherine. Under some state laws and special situations, assets may be distributed according to John's will.	Custodian account still continues. Who is custodian is determined by state law.	Catherine.
On John's death, is asset vulnerable to U.S. estate taxes?	Yes.	Yes—unless some other adult has been designated as custodian.	Yes.
If John goes bankrupt, is asset included in his bankruptcy schedule? Can creditors get the asset?	Yes, but might depend on state law or special application of bankruptcy law.	No, except in some unusual case, as where there is evidence of transfer to defraud creditors.	Yes.
In the event of divorce of parents, is asset considered owned by parents or by Catherine?	Usually John, or parents, but might be Catherine, depending on state law.	Catherine.	John or parents, depe ing on state law. But usually not Catherine
Suppose Catherine dies before John. Who gets the asset?	Probably John.	Goes to Catherine's estate, but state law may vary result.	John.

If these methods don't fit your wishes, then you should consider a more formally created trust. In that case, seek professional guidance from your attorney. There are two basic kinds: "living trusts" and "testame trusts." Each has a specific pose: *Continued on page*



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Wish-Bone. For people who really like salads.

Bounty of Fall Foods

By Doris Eby, Food Editor, and Priscilla Hanson Kruse, Associate

Harvest tables creak from the weight of old-fashioned favorites. Succulent fowl, homemade breads, colorful vegetables, and ripe fruits are basic in traditional autumn dishes. We've featured all of these classics on the following pages.

Photographer: Joe Gemignani Food Styled by [illegible]



Poultry

Ever since the Pilgrims celebrated the first Thanksgiving, poultry has been the traditional main course at holiday time. We've given tradition a pleasant twist by introducing some intriguing variations. (Clockwise beginning top right.) **Cornish Hens with Cranberry Stuffing** make compact alternatives to a king-sized bird, and they taste great; the stuffing is packed with orange and cinnamon. The rice and mushroom mixture in **Capon with Mushroom Stuffing** contains a crunchy surprise—chopped pecans. If your family votes for duckling, do it up brown with **Chestnut-stuffed Duckling** pleasingly moist and filled with flavor from chestnuts, mushrooms, celery, and apple. **Turkey with Meaty Spinach Stuffing** is a banquet in itself. The stuffing is a combination of sausage, veal, and pork with spinach and grated parmesan cheese. And don't forget to pass the **Perfect Corn Bread.**

(Recipes begin on page 132)


THE
SOUTH BEND



Game Birds

Game birds, whether you bagged them yourself or bought them, have a flavor all their own. With these dishes, you capture that elusive goodness and bag your full quota of compliments. A spicy sauce and a bed of long grain rice ma **Mexican Squab** (top) memorable. Plump pheasants and choice cherries team up in **Pheasants Jubilee** (middle) to star on your harvest table. **Savory Quail** (bottom) is crown with a mouth-watering topping made with pan drippings, wine, and cream.

(Recipes begin on page 132)



Bread & Rolls

If bread has become a taken-for-granted staple at your house, why not dip into the fall harvest of grains? (Clockwise beginning left rear.) Whole grains give our **Wheat Germ Bread** full flavor and crunchy texture. **Royal Rye Rolls** really are fit for a king. If you have rolls left after dinner, fill them with the makings of a Reuben sandwich. Another time treat the family to **Whole Wheat Muffins.** They're baked with chopped pumpkin seeds tucked inside for a nutty off-beat flavor. **Molasses Oatmeal Bread** is molassesy-rich, oatmeal-flaked, and good to the last crumb.

(Recipes begin on page 134)



Here's what they mean by a harvest table: an epicurean assortment of vegetable dishes, surrounded by a colorful variety of country-fresh produce still wet with dew. (Clockwise beginning left rear.) Top **Mashed Parsnips and Potatoes** with a pat of butter, and you have a something-special side dish. A combination of sour cream and brown sugar accounts for the sauciness of our **Saucy Brussels Sprouts.** Robust **Oxtail Leek Stew** is reason enough to work up a ravenous appetite. A colorful squash makes a serving bowl for **Sausage-stuffed Turban Squash.** To make elegant luncheon fare of homely hubbard squash, try our **Squash Soufflé.** Salad is spectacular when it's a mixture of turnips, carrots, cauliflower, and green pepper. We call it **Zesty Vegetable Salad** and zesty it is, thanks to its zippy curry marinade.

(Recipes begin on page 138)







Here's how to turn the season's brimming cornucopia of fruit into irresistible desserts. (Clockwise beginning left rear.) **Cranberry Meringue Pie** not only tastes delectable, it's also a feast for the eye. Juicy fresh pomegranates deserve star billing—and that's what they get in our **Saucey Pomegranate-topped Custard.** For a sunny citrus finale, freeze **Fresh Tangerine Sherbet** in your prettiest mold. And if your family insists cheesecake can't be improved upon, make them eat their words with **Cheesecake Surprise.** Its chocolate-swirled sour cream topper hides the surprise—pears. Apples and cheese are a natural combination—and to make them supernaturally good, serve them up as **Cheddar-topped Poached Apples.** Ice cream becomes company fare when topped with **Brandied Kumquats.**

(Recipes begin on page 141)



Photographed by Hopkins at Jan's Gallery. Designer: Diana Messerly

Holiday head starts:

Gifts to sew

By Rhoda Billsten, Home Sewing and Crafts Editor

Please your favorite people with gifts you've created especially for them. If you start on our projects now, you can sew them in plenty of time for the holidays. The cost is up to you, depending on the type of fabric you choose. Make our designs to fit a variety of sizes—just follow the step-by-step directions that appear on these pages.

Hat and reversible cape

Small shoppers will be delighted with a hat and cape outfit like this one. The cape is a full-size circle topped by a zippered turtleneck collar. Our collar is just two replacement cuffs sewn together—the kind you sew in jacket sleeves to keep out the cold. We made the cape reversible with a perky blue and white plaid inside. The plain side is a great background for a variety of braids and trims. We chose washable wool throughout, but almost any medium-weight fabric will do.

Cape

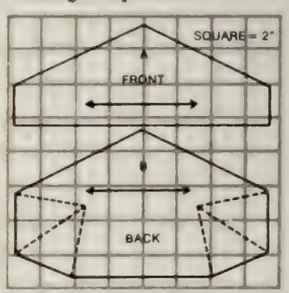
Materials: Size 1 requires 1 yard of plain fabric; 1 yard contrasting fabric, 7- or 9-inch zipper (reversible is best), 3-inch fringe, ½- and ¾-inch rickrack, a pair of knit replacement cuffs or stretch ribbing.



1. To make the cape larger than size 1, measure the child from the center of the neck to wrist and add 1¼ inches for seams. Double this figure to get the diameter of the circular cape.
2. Cut the paper pattern to fit, allowing for the correct neck measure. Place on the fold of the fabric and lining and cut out. Remove the pattern and cut apart the center front seam (leaving back intact).
3. Stitch the center front seam right sides together on the cape and lining, leaving an opening for the zipper. If you're using replacement cuffs and a 9-inch zipper, the opening will be about 6 inches. Press under the seam allowance on the free edges. Stay-stitch the neck edge on the cape and lining ½ inch from the edge.
4. Stitch the rickrack trim to the cape, using a straight or zigzag stitch. If using fringe, baste it to circle's edges. With right sides together, seam cape to lining on outer edges. Trim seam, turn, and press.
5. Baste free seam edges to zipper, catching in cape *and* lining. Clip neck edges and baste together. If using replacement cuffs for collar, cut each in half along ribbing and sew together in a narrow seam to make one flat piece. If using a narrow piece of ribbing, stitch two pieces together lengthwise and baste ends in narrow seams.
6. Pin the collar to the neck edge, right sides together and stitch, with ends even with zipper. Pull collar up, turn under raw edge and slip-stitch or machine-stitch to lining. Baste collar to zipper and stitch.

Hat

Materials: ¼ yard wool, corduroy, or blend fabric, ¼ yard contrasting fabric, 1 yard of 1-inch grosgrain ribbon, ½- and ¾-inch rickrack. Lightweight woven or nonwoven interfacing is optional.



1. Cut pattern pieces A and B from both fabric and lining. Mark folds on piece B with chalk or carbon paper. To enlarge hat, increase length of A and B. Long edge on these pieces is ear-to-ear measure plus seam allowance. If fabric requires stiffening, iron or baste on interfacing to hat fabric A and B.
2. Stitch rickrack or other trim to piece A, starting about one inch from long edge. Stitch A and B right sides together in a ⅝-inch seam allowance along pointed sides. Reinforce point and trim away excess fabric. Stitch lining A and B the same way. Turn both right side out and press.
3. Baste 18-inch grosgrain ties to sides of hat at brim corners. Stitch lining to hat at front brim edge and sides, right sides together, catching in tie ends. Trim seam and clip corners. Turn, press, and edgestitch brim just below rickrack. Tack top point of lining to point of hat on inside. Press under seam allowances on hat and lining back edges and slip-stitch together. Fold back of hat into pleats as marked and slip-stitch securely to back edge.



Designer: Jan Johnston

Blanket skirt

With a few simple steps you can convert a stadium blanket nto a cozy hostess skirt. The blanket fringe makes an ideal iem and saves you time in fitting and sewing. Our wool skirt s a wraparound, lightly gathered and set off by chrome- olored buttons. If making buttonholes isn't your forte, just ubstitute nylon fastening tape for the closure. Our blanket neasured 54x72 inches, which allowed plenty of fabric for natching the pattern.

Aaterials: Stadium blanket, iron- n seam binding, buttons.

. Measure the length needed for he skirt plus ⅝ inch for the seam llowance, including blanket fringe s a hem. If you want a plain hem, ut off the fringe and allow 2-3 nches for the hem.

. For width, measure hips and al- ow 4-5 extra inches for gathering, lus 8 inches for front lap-over rea, ½ inch on left edge for hem, nd 2 inches on right edge for iem. The waistband will be 4 nches wide and as long as your vaist measure plus 9¼ inches (in- ludes seam allowance).

. Cut fabric according to above neasurements, matching plaids or atterns as needed. Turn under ½ nch on the left side of the skirt vidth and 2 inches on the right side. Press on iron-on seam binding.

3. Using the largest stitch on your machine, gather across skirt top ½ inch from edge, leaving 8 inches from each end ungathered.

4. Pin waistband to skirt top right sides together, leaving ⅝ inch free at each end of band. Ease gathers to fit and stitch. Press under ⅝-inch seam allowance on remaining edge. Fold waistband in half, right sides together, and seam ends. Trim ends and turn right side out. Slip-stitch band to skirt.

6. Add buttonholes to right side of skirt 1 inch from edge and at 3-inch intervals. If you'd rather use nylon fastening tape, attach tape strips to the inside of the right half of the waistband and on the outside of left side, as well as down inside front. Sew on buttons.

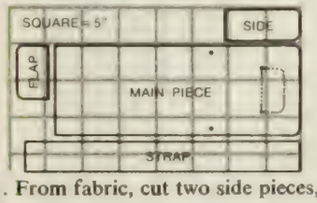


Buying information, page 163

Shoulder bag

The classic shoulder bag is easier to sew than you think, and wonderfully versatile. Make it of soft upholstery velvet as shown, or choose hopsacking, burlap, velveteen, or ribless corduroy. Sew the strap of matching fabric or fashion it from macrame knots, leather, chain links, yarn, or wide braid. If you select a plain-colored fabric, you can accent the bag with trims, buttons, buckles, beads, or monogram. Start with our basic pattern and improvise as you go.

Materials: ½ yard 45-inch lining fabric, ½ yard 45-inch plain fabric (ours required 1 yard to match the stripes and allow for nap). Overall size is 9x12 inches.



1. From fabric, cut two side pieces, flap, strap, and main piece. From lining, cut two side pieces, flap, and main piece.

2. To line flap and side pieces, place fabric and lining right sides together and stitch around edges in a ⅝-inch seam. (To add body, baste or iron on stiff interfacing to fabric before stitching to lining.) Leave a small opening to turn. Trim edges, turn, and press. Slip-stitch openings.

3. Center flap at bottom of main piece on right side as shown in drawing and topstitch ⅛ inch from edges on three sides.

4. Line main piece as described above, turn, and press. Topstitch ⅛ inch from edges between dots on front. With right sides together, match top corners of side pieces with top corners of main piece and stitch around both side pieces up to topstitching on bag front.

5. Fold strap in half lengthwise, right sides together, and stitch in a ⅝-inch seam. Turn right side out and press, with seam centered on underside. Stitch to top edge of side pieces.

Continued



Designer: Jackie Curry

Crocheted cap and scarf

Whip up a colorful scarf and cap set from washable knitting worsted. The colors are up to you and the wearer's wardrobe. Our cap design is a series of stripes topped by an optional puff of yarn. The cap also has a cuff that can be pulled low over young ears when the wind blows hard. The easy-to-make scarf is all double crochet stitches finished with a knotted fringe.

Materials: Size F crochet hook, 2-ounce skein white washable knitting worsted, 4-ounce skein blue knitting worsted. Head size: 18 inches.
Row 1: Start at center of cap by making a loop of blue yarn (wind yarn 2 times around right index finger, slip off and grasp between left thumb and middle finger). In this loop make 8 sc. Pull up loose end to make a tight ring. Sl st in first sc. Ch 1. *Row 2:* 2 sc in each sc, sl st in first sc of row. Ch 1. *Row 3:* Sc in each sc, increase with 2 sc in sc to keep work flat, sl st first sc. *Row 4:* Ch 3, dc in each sc, increasing where needed to keep work flat. *Row 5:* Ch 3, dc in each dc, increasing where needed.

If head size is larger than 18 inches, add another row of stitches before Row 6, increasing the total number of stitches in the row by four for each extra inch. Do the extra row the same way as Row 5. From this point on, add the extra stitches to every row.

Row 6: Repeat Row 5, using white yarn. *Row 7:* Change to blue, dc in each dc. *Row 8:* Repeat Row 6 (there will be about 65 dc in this round). *Rows 9-14:* Dc working even (don't increase), using blue. *Rows 15-20:* Sc in each st. *Rows 21-24:* Ch 3, turn and working in opposite direction (this will make cuff right side out when flipped up), work 3 rows even in dc blue. *Row 25:* 1 row white dc, work even. To finish edges, 1 blue sc in each st. Fasten end with sl st. Make yarn pompon for top.
Scarf Row 1: With blue, ch 27, 1 dc in 3rd st from hook, 24 dc in ch. *Row 2:* Ch 3, turn, 24 dc in each dc of last row. Repeat row 2 for rest of scarf, adding 2 white rows 7 rows from ends. Four-inch requires 25 9-inch strands for each end.



Designer: Lorene Woodard

Granny square bag

If you like to crochet, try this granny square bag in hot colors. The drawstring bag has picot edging on the top and bright squares on both sides. You use six skeins of rug yarn, plus a piece of felt for the lining. The bag would be attractive in many other color combinations, such as black and white, and rainbow effects. Overall size without the fringe is 9½x12 inches.

Materials: 2 skeins red cotton rug yarn, 1 skein each of gold, aqua, pink, and lavender; 9½x20-inch piece of orange felt, size K crochet hook.
Basic square: Starting at center with lavender, ch 4, join with sl st. *1st round:* ch 3 (counts as 1 dc), 2 dc in center of ring, * ch 2, 3 dc in center of ring, repeat from * 2 more times ending with ch 2, sl st to top of 1st dc and end off.
2nd round: Attach aqua in any ch 2 space. Ch 3, 2 dc in same space, ch 2, 3 dc in same space, * 3 dc in next ch 2 space, ch 2, 3 dc in same space, repeat from * around, sl st to 1st dc and end off.
3rd round: Attach pink in any ch 2 space. Ch 3, 2 dc in same space, ch 2, 3 dc in same space, * 3 dc in top of 4th dc in previous round, 3 dc in next ch 2 space, ch 2, 3 dc in same space, repeat from * around, sl st to 1st dc, end off.
4th round: Attach red in any ch 2 space, ch 3, 2 dc in same space, ch 2, 3 dc in same space, * 3 dc in top of next 4th dc in previous round, 3 dc in top of next 3rd dc in previous round, 3 dc, ch 2, 3 dc next ch 2 space, repeat from * around, ending with sl st to 1st dc, end off.
5th round: Attach gold in any ch 2 space. Work as for 4th round, adding one cluster of 3 dc on each side.
6th round: Attach red in any ch 2 space, 1 sc in same space, ch 2, 1 sc in same space, * 1 sc in top of each space to next ch 2 corner, 1 sc, ch 2, 1 sc in same space, repeat from * around, sl st to 1st sc, end off.

Make back of bag in same way. To assemble squares, work *1st row* in top back loops only. Hold 2 squares together, right sides out, attach red in any corner, 1 sc in each sc around 3 sides, ch 1. *2nd row:* 1 sc in each sc around top opening, sl st to 1st sc. *3rd row:* (beading row) Ch 4, * skip next sc, 1 dc in top of next sc, repeat from * around, sl st to 3rd ch of 1st ch 4 to join. *4th row:* Ch 3 (counts as 1 dc) 1 dc in top of each st around, sl st to 1st dc to join, ch 1. *5th row:* 1 sc in same space, * ch 3, sl st in 2nd ch from hook (picot), skip next dc, 1 sc in top of next dc, repeat from * around, sl st to 1st sc, end off.
Drawstring ties: Make two with red. Ch 85, leave 3 inches of yarn on each end of ch length. Run ties in and out of dc beading row, 1 each at opposite ends. Tie ends together, make 2 tassels 3¾ inches long and attach to drawstring ends. For *fringe,* cut 2 strands 10 inches long for each sc space across bottom of bag. Fold in half and loop through sc. *Lining:* Fold felt in half and stitch ¼-inch seams on opposite sides. Place inside bag and slip-stitch to sc row just below drawstrings.

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HOUSEPLANT HOW-TO





Striking and sturdy dracena

Corn plant is a common name for this thoroughly satisfactory dracena. Like corn, it has wide, shiny leaves; unlike corn, it doesn't grow much in one season. That is what makes it a good houseplant.

A two- to three-foot plant makes a bold, luxuriant show anywhere in your home. To keep the yellow-green stripe down the center of the leaves, provide a bright light but not full sun. The plant thrives in a low-light corner but loses the marked coloring of the stripes. Even when all green, this dracena is still effective in any room.

You may associate tip-browning of foliage with dracenas. This one is less prone to such unsightliness. In fact, if you water properly, you won't have any leaf problem at all. Water as the soil surface dries out, from early spring through fall. In winter, less moisture is needed. Water lightly once a week. Don't allow soil to dry out completely or leaf tips will turn brown—and there's no chance of greening them again.

By all means, avoid overwatering—the quickest way to kill off your plant. Water only if soil surface has started to dry. Heft your plant occasionally. If it's heavy, skip the watering. If it feels light, provide moisture. Check weekly so water doesn't accumulate in the jardiniere or container that the pot is standing in.

If leaves sag, you know you've overwatered. Run the plant completely dry for a while with the hope that it will recover. But don't be too hopeful. You'll probably have to start over with a new plant.

Cyclamens need water

A lot of indoor gardeners think that cyclamens are difficu touchy. True, they have two inite requirements, but if comply with these, you'll blooming plants for three m or more.

There are two school thought about how to wate clamens: from above or fro low. We have watered above and run into no t with rotting corms. Admit this is a big risk, but if yo keep soil moist and not so wet, you'll have no troub safer way is to set your pl a saucer, fill the saucer wit ter, and replace it as it is by the plant. Either way, take cyclamens for grante water only when the spirit you.

Cool temperature (belo degrees) is also necessary good results. Plants will green in warm, dry room flowering will cease. Alt the foliage is beautiful, not why you're cultivatin plant. The best location room with bright light a heat. Heat from an adj room will be sufficient. room faces south, winter good for the plant. Meeti requirement for a sunny spot is not as difficult a might think.

Dry time for hoya

Also known as wax-plant fleshy-leaved vine is resti the winter. If you keep regular watering schedule, soon have a dead plant b the roots will rot. Let you run dry, and water very only every couple of week

The leaves are your gui long as they stay firm an culent, they need a minim moisture in winter. If yo do the drying out, leaves b flabby and wrinkled. T moderate watering is in Resume your regular sc

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HOUSEPLANT HOW-TO

Continued



only when your plant starts to make new growth.

Airplane plant is for hanging

Some garden centers carry specimen plants like this, but if you can't locate one locally, start with a smaller version. It will soon develop into a many-stemmed aerial wonder.

Leaves are green with white stripes. Cream-colored flowers don't amount to much. The appeal of the plant lies in the cascading runners that terminate in multiple plantlets. These develop their own root systems and can be cut off and potted up individually. In fact, if you want the plantlets to develop to any size, you must separate them from the parent plant.

Grow in bright light indoors and water the parent plant as soil dries out. Old leaves yellow on both parent and young plants. Remove these leaves promptly to maintain a clean appearance.

To simplify watering any hanging plant indoors, grow it in a container with a saucer attached to catch the drip. In spring, hang outdoors in a spot where there's protection from wind, or there will be a scattering of "airplanes." In frost-free areas, this makes an excellent ground cover.

Spider plant is another common name around the country. Since the name is applied to several different plants, look for the botanical name, chlorophytum, to avoid getting something you might not want.

Condition new pots

If you're going to do any repotting and plan to use new clay pots, soak them well before you put anything into them. Why? Clay absorbs moisture and the newer the clay, the more it absorbs. This sometimes leads to a puzzling problem. You think you're properly watering a newly repotted plant, but it wilts. That's because the pot is getting most of the water.

To avoid trouble, soak new pots thoroughly. This means immersing them completely and leaving them until bubbling and hissing stop. The hissing is barely audible, but you will hear it if you lean close to the water. Once the sound stops, pots are ready to use.



A plant for design

The growth habit of pedilanthus, or devil's-backbone, varies from plant to plant. Stems are jointed and take off in unexpected directions, creating unique sculptural effects.

It is characteristic of the devil's-backbone to drop some or all of its leaves in late fall or early winter. You may find the plant even more interesting when it's leafless. New foliage starts to put out in four to six weeks. The plant on the right has fully leafed out again; the plant on the left is just beginning to regain foliage.

If you're not concerned with maintaining variegation, you can grow pedilanthus in most any light. Don't let soil dry out completely or the leaves will drop and the stems will shrivel. Keep evenly moist. You can take cuttings and grow them indefinitely in water if you want to.

Christmas cactus

Let it alone. Toward the end of the month, gradually resume normal watering—earlier if buds start to form. And keep it cool. That means a temperature not over 65 or under 60 degrees. At night, put the cactus in a room without artificial light. ■

Berkline puts it all together.





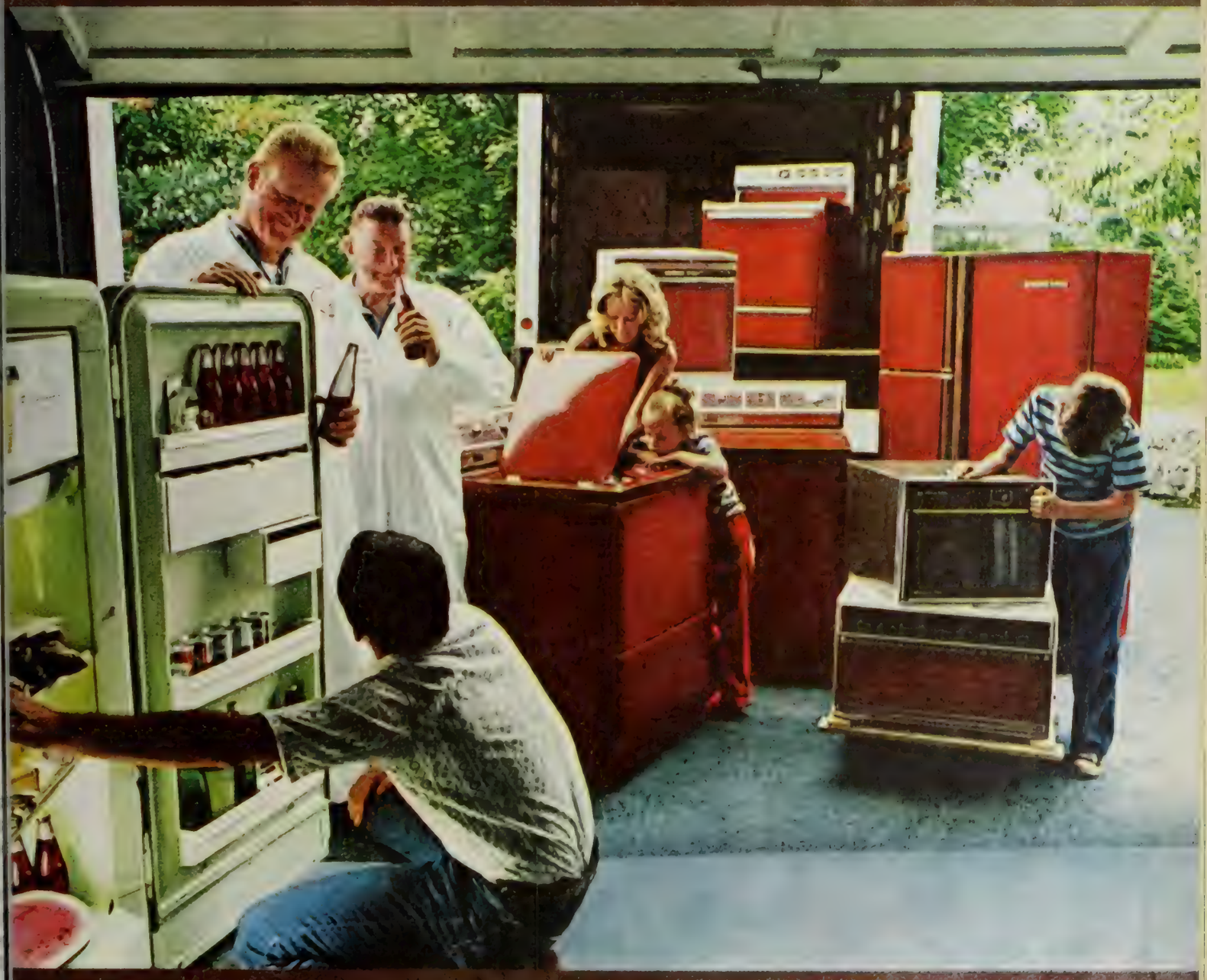
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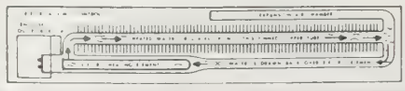
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Thanksgiving dinner for 6

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MENU
Hot Spiced Cider
Turkey with Stuffing Croquettes*
Crinkle-sliced Carrots
Whipped Potatoes Gravy
Cranberry Relish
Heat and Serve Croissants
Spinach Souffle Salad*
Nutty Pumpkin Nog Pie*
Coffee Milk



Buying information, page 163 Photograp

SPINACH SOUFFLE SALAD

A cottage cheese-sparked salad you can make ahead—

1 10-ounce package frozen chopped spinach
1 envelope unflavored gelatin
½ cup cold water
¼ cup sugar
¾ teaspoon salt
1 cup cold water
¼ cup lemon juice
⅓ cup mayonnaise or salad dressing
1 cup cream-style cottage cheese, drained
¼ cup finely chopped celery

Cook spinach according to package directions. Press agains of sieve to drain very tho ly; cool. In small saucepa en gelatin in the ½ cup heat and stir till gelatin dis Add sugar, salt, dash pepp maining water, and lemon mix well. Place mayonna small mixer bowl; gradua in gelatin mixture; chill ti ture begins to set. Beat mixture till light and fluffy in cooked spinach, cheese, and celery. Turn cup mold; chill till firm, hours or overnight. U Makes 6 servings. *Con*



ONLY A DENTIST CAN GIVE HIM A BETTER FLUORIDE TREATMENT!

The best way to get a fluoride treatment is from your dentist. In fact, he's the only one who can give you a better fluoride treatment than Colgate. And that's especially important during the cavity-prone years—ages 5 to 15—when the average child can get as many as 11 cavities.

Colgate contains MFP fluoride. And right in your own home, brushing with Colgate actually gives teeth a fluoride treatment that makes them stronger against decay.

For fewer cavities during your child's cavity-prone years, get Colgate, the advanced fluoride toothpaste. Only your dentist can give teeth a better fluoride treatment.

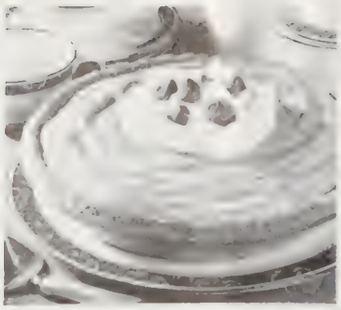
Ask him.

"Colgate with MFP fluoride has been shown to be an effective decay preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association

©1972, Colgate-Palmolive Company

Thanksgiving dinner for 6

Continued





NUTTY PUMPKIN NOG PIE

Ground filberts in the crumb crust complement the eggnog in the filling.

1 cup graham cracker crumbs
½ cup ground filberts
3 tablespoons granulated sugar
6 tablespoons butter or margarine, melted

• • •

1 envelope unflavored gelatin
½ cup brown sugar
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
Dash ground nutmeg
1 cup dairy eggnog
3 slightly beaten egg yolks
1 cup canned pumpkin

• • •

3 egg whites
¼ cup granulated sugar

In small mixing bowl, combine graham cracker crumbs, ground filberts, the 3 tablespoons granulated sugar, and the melted butter or margarine. Press firmly into 9-inch pie plate. Bake in 375° oven for 6 to 8 minutes or till edges of crust are golden brown. Remove piecrust from oven and cool thoroughly.

In saucepan, combine the unflavored gelatin, the brown sugar, salt, ground cinnamon, ground ginger, and ground nutmeg. Stir in eggnog, egg yolks, and canned pumpkin. Cook and stir over medium heat till gelatin dissolves and mixture thickens slightly. Remove mixture from heat; chill till partially set.

Beat egg whites till soft peaks form. Gradually add the remaining granulated sugar, beating till stiff peaks form; fold into mixture. Pile into crust. Chill till firm, at least 4 hours. Garnish with whipped cream and whole unblanched filberts, if desired.

TURKEY WITH STUFFING CROQUETTES

2-pound 8-ounce frozen boneless turkey roast
3 slices bacon
½ cup finely chopped celery
¼ cup finely chopped onion
1 beaten egg
¼ cup chicken broth
1 tablespoon snipped parsley
¼ teaspoon poultry seasoning
¼ teaspoon rubbed sage
6 cups bread cubes (9 slices bread)

Roast turkey on rack in 13x9x2 inch baking pan according to package directions. Cook bacon till crisp; crumble and set aside. Cook celery and onion in drippings. Combine egg, broth, parsley, seasonings, bacon, and vegetables. Add bread crumbs; toss to mix. Using ½ cup mixture for each, form stuffing into balls. About 20 minutes before turkey is done, arrange Stuffing Croquettes on rack; continue baking 20 minutes. Makes 6 servings.



Pop in a cassette and teach yourself how to play. It's as easy as that.



The new Wurlitzer 127 Home Entertainment Organ Course is the easy-fun way to learn to play. Special tape cassettes play right through the Wurlitzer Organ. Just pop in an instruction cassette, in the privacy of your own home, and the fun begins. The voice of your teacher on tape takes you through each fun-filled selection. In no time at all you'll be playing "Close to You" . . . "Spinning Wheel" . . . "Lara's Theme"—solo or with accompaniment cassette. Or how about this? Push a button and the Wurlitzer Swingin' Rhythm *automatically* produces the sound effects of a rhythm section to accompany your melody.

Since you learn at home, everyone in the family can pick his own time for lessons and proceed at his own pace. It's like having your own personal teacher on call 24 hours a day. So don't miss out on the fun another day.

See the Funmaker Organs at your Wurlitzer dealer and find out about the happy way to learn to play. Or write the Wurlitzer Company, DeKalb, Ill. 60115.

WURLITZER has the way

Out In



Grandma's carpet patterns.



Never-before carpet designs like this one, with colors splattered on like an abstract painting.

Lees calls it "Sun King."

And we've splattered our new design on our newest texture—a Lees Body Shag.

What's a Body Shag? Not one of those old, long, limp shags. But a thick, healthy, plushy one.

With a firm body. And incredible wear. Made by Lees of DuPont nylon.

Because more than tastes have changed since your Grandma's day. Life-styles have changed.

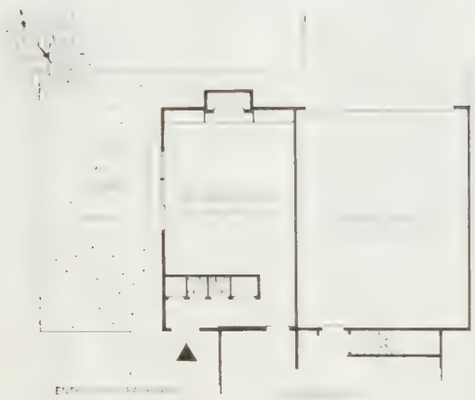
If you call 800-243-6000, you can find out where to buy "Sun King." In Connecticut, call 800-942-0655. Free. Even at two in the morning.

Wouldn't Grandma have been amazed?

Lees Carpets, a Division of Burlington Industries.

LEES the Newsmaker
carpets





An all-season addition that's fun for all

This 19x26 foot family room addition is warm and cozy in fall and winter; sunny and open in spring and summer.

An aura of warmth makes the family room appealing during the colder seasons, with dark heavy wood, used brick, and an inviting fireplace contributing to the cozy mood. The bricks are used in the fireplace opening and the hearth, with its built-in log storage bin below. The arched design of the fireplace is repeated by the paneled faces of the adjoining bookshelves, while the exposed garage exterior now forn the wall at right.

A new entry is fitted in between th family room and the existing kitchen. Fou storage lockers opposite the entry (se plan) hold raincoats and sports equipmer during the warmer months, overcoat boots, and skis in colder seasons. Th brick wall at right was originally the kitche exterior.

With two new outdoor living areas, th addition is even more popular in warme months. The roof doubles as a seclude deck off the master bedroom, making th outdoor area ideal for private sunning relaxation.

Below, sliding glass doors keep th family room bright and provide easy a cess to the new patio.





What this country needs is an appliance company that gives you service everywhere.



General Electric does.

se, we realize, a major appliance nvestment.
why, if something goes wrong shouldn't have to wait any your patience to get it repaired.
on't with General Electric's Care Service Everywhere.
of Factory Service Centers r cities and 5,000 franchised

matter where you live in the an get service for your GE iances or televisions. Best of ice is always easy to find. u'll find it in the Yellow Pages.
happens when you call for ectric service?

If your call is to one of our Service Centers, the first thing you'll get is a trained operator, who'll set up an appointment for our service technician to call on you. (If it's one of our franchised servicers, you'll get GE quality service because we've selected them for their high standards.)

How long will it take for our man to get to you?

He'll set up a morning or afternoon appointment, so you'll know when he'll be there.

(Our records show that 9 out of 10 times, our men show up right on time.)

Once our man gets there, how long will he be there?

Usually, less than an hour.

Because GE major appliances and TV's are designed to be easily repaired.

And because our men usually have everything to finish a job on the spot.

Now you know how we'll keep your GE major appliances in good working order wherever you live in the United States.

And why we think they're the best ones to invest your money in. Because at General Electric when we say Customer Care Service Everywhere, we mean it.



Good Service... Another reason why GE is America's #1 major appliance value.

GENERAL ELECTRIC

How to interpret a travel brochure

You probably start planning your vacation by collecting stacks of travel folders. Millions are published each year by resorts, tour operators, airlines, and other travel companies. Most brochures are honest and helpful. But some are misleading. A few are outright frauds.

Here are some ways to separate specific and useful information from the exaggerations or occasional deceptions.

What does it really cost?

Prices can be confusing. To avoid costly surprises, add up *all* charges in the brochure that are applicable to a particular trip. The low price on the cover may seem like quite a bargain, but look for any footnotes. For example:

"Plus Air Fare" means that a major cost of your vacation is not included in that low price on the cover.

"Plus Tax and Services" could add $25 or more to a price of $200.

"Double Occupancy" indicates that you'll pay more if you're traveling alone. Most resort and tour prices are based on two people in a room.

"Summer Supplement" signifies that from June through September you may pay an extra fee. If the resort's high season is December through April, there may be a similar "Winter Supplement."

"National Holiday Supplement" means you may pay an additional premium for vacationing on one of the new three-day weekends.

What can some of these surcharges and premiums do to your budget? Well, a current folder featuring a three-night Las Vegas package tour from New York has a $199 price on the cover. That includes air fare, hotel, transfers, and sightseeing. The price does *not* include tax and service charges or any meals, however. If you were to take this package and travel alone over the Labor Day weekend, for example, you'd also pay Single, Summer, and National Holiday Weekend Supplements. The real cost would not be the advertised $199 but $293 - *plus* the cost of dining out for three days.

How to find a tour bargain

When you've decided which area you want to visit, gather folders from a travel agent or by writing to several competitive tour companies. Check exactly what's included in the price. Three meals a day or a roll-and-coffee breakfast? What kind of sight-seeing excursions? Admissions to museums, theaters, special events? All transfers, tips, and service charges?

Then you can begin to make meaningful comparisons among the tours. Some tour prices are exceptionally low for one reason: they've been "stripped down" to sell for that low price. In the process, many meals and sight-seeing trips may have been eliminated, or bath-down-the-hall rooms may have been substituted for more luxurious accommodations. There's nothing wrong with buying one of these tours, as long as you know what you're getting—and *not* getting.

But make careful comparisons. More expensive tours that cover most of your traveling costs may turn out to be the best bargains.

What if you have to cancel?

Read the "Conditions" or "General Information" page of the folder to see if you may have to pay a cancellation fee if you don't take the cruise or tour you've purchased. Cancellation policies vary widely.

Most foreign tour prices are based on group air fares. If you cancel 21 days or less before departure date, you must pay 25 percent of this air fare. You may also have to pay an additional service charge for the canceled land arrangements.

Other important questions are frequently answered on this page of the brochure. For instance:

If your tour is fogbound, say in England, who pays the extra hotel and meal bills? In almost all cases, you do.

Do you get a refund if you skip some features of a resort weekend package, such as dinners or a nightclub show? No.

These "conditions" may be set in small type, but it pays to read them carefully for your own protection.

Can photographs deceive?

Vacationers sometimes discover that the resort doesn't live up to its mouth-watering color photographs. How come?

There's no great mystery. It's

Betty Crocker® presents the two best friends a glass of milk ever had.

A super moist, fudgy Betty Crocker Supreme brownie and a chewy, chocolaty Betty Crocker Traditional brownie. With a tall, cold glass of milk. Doesn't that look good?

We make two kinds of brownie mixes because people like two kinds of brownies.

First, the super moist, fudgy kind. Made with our Betty Crocker Fudge Brownie Mix Supreme. With sour cream and a can of chocolate flavored syrup in every mix for the rich, fudgy, super moistness that melts in your mouth.

And the chewy, chocolaty kind. Made with Betty Crocker Traditional Fudge Brownie Mix. You get rich, chewy, chocolaty brownies. The old-fashioned kind you've been enjoying for years.

Supreme and Traditional. The two best friends a glass of milk ever had.





Betty Crocker Fudge Brownie Supreme. The really moist, really fudgy kind.

Betty Crocker Traditional Fudge Brownie. The rich, chewy, old-fashioned kind.



Remember the first time you beat Dad at Monopoly®?

He didn't let you win. He was trying as hard as he could. But suddenly he landed on your hotel on Boardwalk. And you won, fair and square. Your grin lasted for about a week. That's the whole idea of Parker Games.

he photographer's job to idealze the resort. A diffused dawn ight may camouflage peeling- paint defects of older buildings. The room with the best beach view and newest furnishings will obviously be the one that's photographed. If the swimming pool is tiny, perhaps the photographer will take only a close-up of a pretty girl on a diving board.

Your best defense is to review he folder with a travel agent who has firsthand knowledge of he resort. You also can check ndependent guidebooks for recommendations. The AAA Tour Books or Mobil Travel Guides may be helpful for U.S. resorts, and Fielding's or Fodor's travel guides for overseas destinations. But be sure to use current editions. Ratings can change from year to year.

The most helpful brochures

You're probably going to put down money in advance for a destination or resort you've never seen. When you're selecting folders from a travel agent's rack, look for those that convey *information*.

Tired old travel phrases such as "our courteous staff caters to your every whim" or "distinguished cuisine for the most discriminating taste" don't give you any useful facts. Almost any cruise ship or resort hotel in the world could use these phrases.

In contrast to these empty clichés, here's a paragraph from a brochure promoting Geilo, a Scandinavian ski resort:

"There's terrain for all skiers, first-timer to Olympic champion. Two chair lifts and five T-bar lines take you to the action. Buy a book of 90 lift coupons for under $9. The Geilo Ski Lift up the nursery slopes will cost you a coupon. Rent a sled all day or ice skates (less than 75¢). Take a week of ski lessons (around $16). You won't have any trouble finding a multilingual ski instructor. There are 35 of them."

This is the kind of specific information you can use.

Pack the folder

Misrepresentations or actual frauds are rare, but they do occur. Take another look at the folder while you're actually on your vacation. If you're not getting all that's been promised, show the brochure to the tour guide or resort manager and request an explanation.

(Note: Sometimes even the most reputable travel companies must make substitutions. For example, a tour operator may have reserved rooms in a hotel that's over-booked. You are entitled, however, to substitutions of comparable value.)

If you arrive back home with the feeling you've been cheated —and you receive no satisfaction from whoever is responsible —talk to your attorney or the Better Business Bureau. The folder can help support your claim. Courts have held that travel companies are legally accountable for promises made in their brochures.

Travel Folder Dictionary

Here are definitions of some of the terms most commonly used in brochures.

AP (American Plan). Three meals a day included in the room rate.

Bermuda Plan. Breakfast only included in the room rate.

Double. Room with one large bed for two people.

Double-Double. Room with two large beds for four people.

European Plan. No meals included in the room rate.

Family Plan. No additional charge by the hotel for children sharing parents' room.

F.I.T. (Foreign Independent Travel). A tour tailored to the interests of an individual traveler.

Full Pension. A term you may find in European travel folders. It means the same as American Plan: three full meals daily included in the room rate.

Garni. Another European word. It means the hotel has no dining facilities.

G.I.T. (Group Inclusive Tour). A special low tour rate that requires that a certain minimum number of people—typically 15—travel round-trip together.

Inclusive Tour. A tour that includes hotels, meals, transportation, sight seeing, and so forth at one prepaid price.

MAP (Modified American Plan). Two meals—breakfast and either lunch or dinner—included in the room rate.

Package Tour. A tour composed of the different major elements of a vacation—rental car, hotel, and air transportation—sold at one prepaid price.

Transfers. Transportation between hotels and airline terminals or docks.

Twin. Two people in a room, two single beds.

Considering an artificial tree this year?

The artificial tree of Christmases past is a far cry from the lifelike versions available today. The new man-made trees are fuller and greener, with more perfectly formed branches than you often find on Mother Nature's models. In fact, some man-made Christmas trees are so realistic you may have to feel the needles to decide if they're real or not.

What's it made of?

Approximately 90 percent of the man-made trees sold in this country are domestically produced. They're made of polyvinyl chloride which is flame retardant. That means the material is self-extinguishing. It will melt or char when exposed to an open flame, but will not flame. A small percentage of manufactured trees are imported, chiefly from the Orient. These are polyethylene and usually aren't flame retardant (although more and more are being made so by putting additives in the plastic mixture). When shopping for an artificial Christmas tree, look for a tag or label identifying the tree as flame retardant. Shipping cartons are similarly labeled.

The metallic tree, the original of all man-made trees, is still offered by a few manufacturers, but has declined in popularity due to public demand for a more natural look. Because of its noncombustible properties, the metallic tree has definite safety advantages. However, electric lights should never be put on metallic trees. Only spot lighting should be used. You'll find metallic trees most often displayed in banks, hotels, restaurants, and other public places.

Which style for you?

If you haven't shopped for a man-made tree recently, you may be surprised by the forest of selection. Scotch pine, Douglas fir, Scandinavian spruce, balsam—the list goes on and on. Basically, however, there are two general types—the soft-needle and the hard-needle tree. The soft-needle type has a four-inch needle and a soft, feather-like quality. The hard-needle tree has slightly smaller needles and a crisper look. This type tree requires more branches to achieve a full shape.

Man-made trees are often a combination of two shades of green. Some have light green tips to simulate new growth and others intermingle green and slate blue needles. If you want all-out realism, you can find trees with pine cones, snow-flocked branches, and a real pine scent. And if you want a Christmas tree that doesn't look just like your neighbor's, how about a Black Forest pine?

You have a choice of outswept, upswept, or down-swept branches. The decision is purely personal, although the outswept style is the most popular because of its fuller, fatter shape. Tree heights vary from 2 to 12½ feet. The most popular size range is 6 to 7½ feet. When selecting a tree, consider the overall shape rather than height alone. A greater number of branches doesn't necessarily mean a fuller tree. This depends on the length of the bottom branches and the shaping.

How is it made?

Various construction methods are employed in the manufacture of Christmas trees. The "stick-on" tree is perhaps most familiar. It consists of a wooden-pole trunk with predrilled holes into which you insert color-coded branches. These trees are easily assembled; they can be dismantled quickly after the holidays and stored in the compact carton. There are also preassembled trees, some with permanently hinged branches which automatically fan into place when you set the tree upright. Other types have heavily wired branches which must be shaped by hand into a narrow or wide silhouette. A separate treetop is added as the final step.

One tree features a series of metal circles with four to eight branches attached to each layer, spoke-fashion. You just slip the circles over the center pole, add a treetop, and presto! You have a completely preshaped Christmas tree. Trees usually come with self-centering metal stands. "Life" expectancy for man-mades is about seven years.

Which lights are right?

Use only miniature lights on man-made trees; larger bulbs generate too much heat and cause pockets to form on the branches. For metallic trees, use off-the-tree spot or floodlights rather than traditional strings of lights; a voltage leak caused by faulty wiring could cause a fatal electric shock or a severe burn.

Although the initial cost of a man-made tree is admittedly more than you'd normally pay for a live or cut tree, the expense can be apportioned over the life span of the tree. This way, the average cost of around $40 figures out to only $6 or $7 a year.

DENTISTS WANT TO SAVE TEETH, NOT PULL THEM.

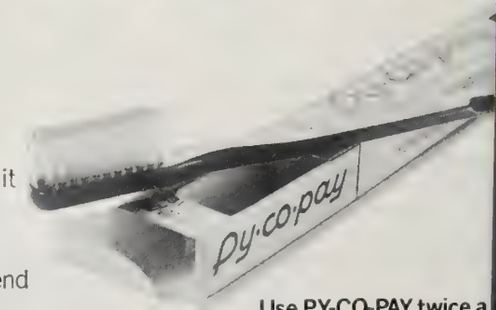
That's why a dentist designed the PY-CO-PAY® toothbrush.

Dentists agree that the most important thing *you* can do to save your teeth is to brush right. So a dentist designed PY-CO-PAY to make brushing right easier.

PY-CO-PAY has a small professional brush head, so it's easier to reach the back teeth where so many cavities start. And a straight handle so it's easier to brush at the proper angle.

When the rubber PY-CO-TIP® was added, it made it even easier to clean between your teeth and massage your gums, the way your dentist recommends.

As you'd expect, many dentists recommend the PY-CO-PAY toothbrush. After all, it was designed to make it easier for you to brush right.



Use PY-CO-PAY twice a
See your dentist twice a



Traditional African patterns that were meant to please the gods will now add pleasure to your home.

When a Bantu woman weaves cloth, she wants to please not only her family, but the spirits of nature and those of her ancestors as well. Perhaps that's why African fabrics are such works of art.

We've made this bold, timeless beauty available to you with Kilimanjaro, our translation of a traditional African pattern into the newest coordinate from Cannon Royal Family International Fashions.

Lush towels, no-iron cotton and polyester percale sheets, and bedspreads, all in the rich classic colors of Africa.

Kilimanjaro. Inspired by a people who consider beauty a necessary part of their life.

International Fashions

Cannon Royal Family

Kilimanjaro in: Brown/Yellow/Lavender. Also in other colors.

Cannon Mills, Inc. 1271 Avenue of the Americas, New York, N.Y. 10020

GIVE US TWO HOURS AND WE'LL GIVE YOU A NEW FLOOR.





All we ask of you is less than an afternoon's time for a 10′ x 12′ room. And all you need are scissors, a pencil and enc GAF Sure-Stik® self-adhesive tile for your room.

We guarantee you'll have the most beautiful do-it-you floor you've ever seen.

No one will believe you did it on your own.

Sure-Stik comes in a full variety of beautiful patterns colors. There's got to be one that's perfect for you.

For your GAF dealer's name, see the Yellow Pages. Or further information, write GAF Flooring Division, Dept. 0-112, 140 W. 51 St., New York, N.Y. 10020.

gaf ®Bri Fu VINYL

good news!

DOUGLAS M. LIDSTER
New Products Editor



Versatile lighting fixture

Brighten your life with this new spheroid lighting fixture that features unlimited adjustability up, down, and all around. Set it on a table or mantel for illuminating pictures, sculptures, and holiday decorations. Or hang it from the ceiling as a decorative reading light.

The six-inch-diameter ball is available in chrome, walnut, sun yellow, and parrot green. The shiny black base is padded to protect furniture.

Swivelier Ball Spotlight, $10.95; $11.95 in chrome. Swivelier Company, Inc., Nanuet, New York 10954.



Winter work saver

If you've already started to dread shoveling snow this winter, here's a reprieve for your aching back. This compact snowblower is designed especially to lighten the homeowner's load.

Powered by a two hp. engine, the model weighs just 22 pounds—about the same as one shovelful of damp snow. Rubber paddles fitted to a spinning aluminum drum clean the sidewalk with a work-saving, squeegee-type action. Discharge vanes can be adjusted instantly to throw the snow right or left.

One word of caution when using a snowblower: while the rubber paddles are inherently safer than the whirling metal augers on larger snowblowers, there's only one safe place from which to operate the machine—behind it. If you have to clear snow from the vanes, shut off the engine.

Snow Pup Snow Thrower, $124.95 for 14-inch 2 hp. model; $139.95 for 2½ hp. 20-inch model. The Toro Co., 8111 Lyndale Avenue South, Minneapolis, Minn.

Continued



Kraft 100% Grated Parmesan is a seasoning cheese. It's parmesan that's aged 14 months, then coarsely grated into large, pure parmesan flecks to add mellow, rich flavor to a wide range of dishes. Here's how it can season meat.

PARMESAN BURGER CASSEROLES

1 lb. ground beef
⅓ cup dry bread crumbs
¼ cup chopped onion
¼ cup Kraft Grated Parmesan Cheese
1 egg, slightly beaten
3 cups hot mashed potatoes
2 tablespoons chopped parsley
Cherry tomatoes
Mushrooms
Green pepper, cut in chunks

Combine meat, bread crumbs, onion, cheese and egg; mix well. Shape into 4 patties; broil until done. Combine potatoes and parsley. Place in 4 individual casseroles. Top each with meat patty. Broil until potatoes are lightly browned; sprinkle with additional cheese. Alternate vegetables on oven-proof skewer; broil until hot. Place skewer in meat patty. 4 servings



KRAFT Division of Kraftco Corporation



Proof! Albolene Cream cleans makeup better than cold cream!

Really! Try the test yourself. On your eyes. Where mascara and eye liner are specially hard to clean off.

Apply Albolene® to one eye, and an equal amount of any leading cold cream to the other eye. Rub equally. You'll discover Albolene feels warm, instead of cold. That it melts into a clear, fine liquid.

You'll notice cold cream is heavier and thicker by comparison. Now: Tissue both eyes equally, till you think both are clean.

Then take two oil treated pads. Wipe each eye equally, and look at the pads.

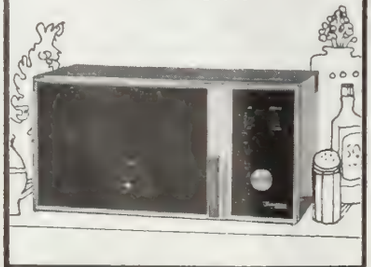
Surprise! What you'll see is a result like the picture above: cold cream leaves more makeup behind. Albolene really does clean better than leading cold creams.

And after all, cleaning is what beautiful skin is all about!



The Warm Cream
Scented and unscented

• SPEED
• PERFORMANCE
• BEAUTY



THERMADOR'S PORTABLE MICROWAVE RANGE the ONLY portable with a browning element

- Delicious meals or snacks.
- Use on counter top or cart, indoors or out. 120 Volts.
- Stainless steel interior. Black glass doors.

Write for literature and name of your nearest dealer.

Thermador

The Elegant Difference in Microwave Ranges

5131 DISTRICT BLVD., L.A. CALIF. 90040



Bunk Beds You Can Build

Bunk beds are an adventure for children, but parents like them because they save space. Not only does this design save space but it even has a storage unit enclosed with a slat door. You can build this project in three separate parts and it can be assembled in the bedroom. Makes construction and moving easy. Space Saver Bunks, Plan No. 3607-1. ONLY $2 plus 25¢ postage.

☐ Please send me the complete plans for No. 3607-1 Space Saver Bunk Beds. Only $2 plus 25¢ postage.

Send order and remittance to:
Better Homes and Gardens, Dept. 2L0, Box 374, Des Moines, Iowa 50302

Name_____

Address_____

City_____

State_____ Zip_____

good news! Continued





Compact carry-on luggage

Consolidate everything you carry on your next plan into one carry-on suitcase. Your suit bag and brie are no longer additional burdens—each slips into its special pocket on the sides of the suitcase.

Adjust the buckle on the strap to keep the conte the suitcase compressed compactly. Then just unsna opposite end whenever you want quick access to the case or suit bag. When you reach your destination, yo remove the suit bag without unpacking the rest of clothing. The shaving kit holds toiletries, eliminatin risk of damaged clothing should your shaving crea toothpaste container leak.

Elegantly styled suitcase, matching zippered sui briefcase, and shaving kit are all made of Skai vinyl. a synthetic material that looks and feels like supple leather, yet is extremely scuff resistant and cleanable a damp rag.

Samsonite Case IV in black or tan, $100 in lu departments. Samsonite Luggage, Denver, Colo. 802

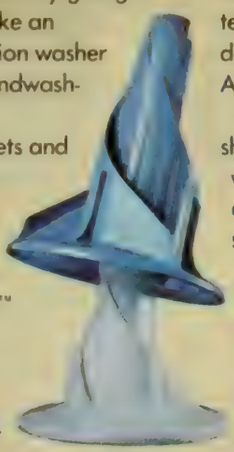
The Westinghouse Laundry System. It has what other washers and dryers don't.



At Westinghouse we designed our 1973 laundry system to be the most advanced washers and dryers in America. By giving it features other washers and dryers don't have. Like an exclusive Hand Wash Agitator for our Extra Action washer that can gently wash even your most delicate handwashables. And an optional non-tumble drying shelf that can dry noisemakers like sneakers and jackets and belts quietly.

And we went on from there, with the kind of features you expect to find on a laundry system as advanced as ours. Bleach and fabric softener dispensers. Knit fabric setting and a Lock 'n Spin™ safety lid.

18-lb. capacity to do oversize loads and still get them incredibly clean. Lint filter and water recirculation systems to keep your wash lint free.



We developed an exclusive Weigh-To-Save™ lid that helps tell you how much water and detergent and bleach to use. And then we started on the dryer.



Besides our optional drying shelf we added exclusive cross-vane tumbling for even drying. Extra large door opening so you can load and unload faster. A complete range of cycle selections so you can dry any kind of fabric and get them perfect...



And an end-of-cycle buzzer to tell you when everything is ready. The 1973 Westinghouse laundry system. It doesn't just have what other machines have...
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Douching vs. Norforms

"Please, let's go home."

6 PM: Before the party, you douche to stop internal odor. (What a mess!)

9 PM: Oh, oh. What's that unfresh feeling? All that trouble douching—and you can't even be sure how long it'll work. If only you could leave the party now.

"Let's stay out until sunrise."

6 PM: You've used Norforms® The Internal Deodorant.™ (You just insert it—how easy!)

9 PM: Still feeling fresh and clean with Norforms. They stop odor up to ten full hours. Hours longer than any douche. Norforms can get you to the party, keep you there and bring you home again still odor-free and confident.

This tiny Insertable™ kills odor-causing bacteria, stops internal odor no bath, shower or feminine spray can reach. With no douching mess or fuss. And unlike douching, Norforms are safe to insert and easy to use daily...anytime, anywhere.



Protect against odor hours longer than any douche!

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good news! *Continued*



One-dog-power fun vehicle

Although it's been around thousands of years, the dogsl can open a whole new world of outdoor recreation to you family—and your dog. This modern dogsled combines th traditional ash frame and basket with sturdy, flexible poly ethylene runners and handle.

The harness is designed to put the load against you dog's chest muscles without hampering his breathing. A average dog can pull twice his weight over level groun Pulling a child or a moderate load in this sled is no pro lem for a dog over 40 pounds—provided he's in good co dition. If you'll work into the training program graduall your dog will build his strength and stamina while he learning to follow your commands.

Don't overlook the possibility of using this sled behi a snowmobile—or even pulling it yourself. It's a gre way to get winter camping or ice-fishing gear far off t beaten path. And during the summer months, drape blanket over the sled and it becomes an occasional cha for the rustic family room.

Snow Paws One-Dog Dogsled, $110; ¾ size child model, $38.98. Snow Paws, 1832 W. Stroop Rd., Dayton,



Color-coordinated plumbing fixture

Now, the faucet on your lavatory or kitchen sink, or control on your tub/shower, can be color-keyed to yo decor. And when you change your color scheme, you c change the control cover to match your new decor.

Made of durable, injection-molded Celcon plastic, fixture can't corrode and comes clean with a damp clo Beauty is more than skin-deep, however. Inside the fau is a cartridge with just one moving part. It's designed ne to leak or wear out.

Aurora Single Handle Faucet, $15.95; color change $5. Bradley Corp., Box 348, Menomonee Falls, Wis.



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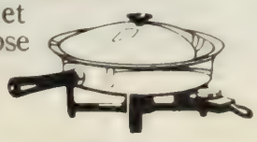
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GREAT LIVING IDEAS - FROM EUROPE TO YO

Europe—to most Americans—means sight-seeing from buses and foot-flattening tours of palaces and art museums. Europe, very rarely, is thought of in terms of two-bedroom homes, too little storage space, or getting the most from every decorating dollar. Yet that's Europe, too—the Europe we felt you could identify with—even learn from—if you got to know it better. So we crossed the Atlantic to find building, decorating, and living ideas that can work for you.

What we found supported what we already suspected—that there are more similarities between countries and continents than there are differences. Every family, European or American, deals with the same problems—tight space, not enough storage, limited budget—and everyone shares the same desire to make his home as attractive as possible. Sure, availability of products may differ from country to country, but it's reassuring to know that good design is unive

In our search for European ideas that you could "nat ize," we worked with our counterparts—the home and fa magazines of Germany, France, Italy, and Scandinavia.

What we've come up with is not intended to be "the designs of Europe"; nor do we intend to stereotype the c rating or design styles of any particular country. This is ply a collection of good, workable, adaptable ideas— European magazines featured to help *their* readers sol problem or achieve a decorating effect. And they are, i estingly enough, ideas we felt would help you the same

So what we give you on the next 22 pages is the bi load of imaginative, right-for-America ideas since the flower landed. And you don't have to know the lang to translate them into your own home.



Furnishings need not be new to be nice—and they don't have to be expensive to be in good taste. This charming room is one of the best examples we've seen of low-key, low-cost decorating. Here's how you do it: Take some ordinary rattan armchairs, leave them natural to blend with the background neutrals, but give them an extraordinary look by topping them with cushions covered in the same bronze green corduroy as the sofa. Give the old upright a coat of paint, touch the room lightly with a couple of very contemporary items interest, then flavor it all w plants and accessories, memo bilia, or just plain "junk" t will make the room persona yours. *Magazine: Schöner W nen. Designer: Rolf Heide. P to: Richard Stradtmann.*

The beauty that is accessories and the beast that is storage are quite compatible in the kitchen below. Framed-in arches house open storage shelves for things you use most often. But put these everyday needs in Sunday-best containers and they're decorative accessories. Another idea here is to repeat the cabinet door surface above the counter top. A coat of clear vinyl makes any material as washable as tile. *Schöner Wohnen. Designer: Peter Maly. Photo: Winfried Nörenberg.*

Climb only halfway up the walls with modular furniture units and you have an open, uncluttered room that's still engineered to make the best use of space. Buy commercial units, or build the units yourself to fit your space. Then finish the room with a color scheme that's equally well-engineered. Below, black-and-white pattern covers the walls and bed-sofa. The only color allowed in the room is a lively sun-stroked yellow. *Magazine: Das Haus.*









Color and fabric are your biggest effect-makers in decorating, and the room above shows step by step how to effect a knockout color scheme. The bold floral fabric was picked to cover sofa and lampshade. Then the hottest red in the fabric's design was pulled out and used for the walls and rocker cushion. Oranges from the fabric show up in accessories. Go ahead and use this much color—just lighten it with sizable splashes of white. *Schöner Wohnen. Designer: Wolf Bauer & Kaufhof AG.*

Converting an attic into an extra room isn't a new idea, but just take a look at this job. Every inch of space is used. Storage drawers are built into the knee-wall, bookshelves are custom-fit to the slope of the ceiling, and what looks like part of a corner sofa semi-recessed in the wall is a bed-box. It's a sofa by day or, pulled out alongside the other sofa section, a full-sized bed by night. *Schöner Wohnen. Designer: Michael Wagenhofer. Photo: Richard Stradtmann.*





If you're good at block puzzles, building this storage cube ought to be more fun than work. It's a commercial unit, exhibited by Design I in Germany, but we felt it was so ingenious you might like to try your own adaptation. Drawers are only half as deep as the cube's dimensions and are arranged so some of them pull from each of the cube's four sides. Casters let it go anywhere you need a table—and storage. *Schöner Wohnen.*



Double-duty furniture and goo room arrangement are essenti in a multi-function room lik the one above. The simple-t build divider unit is dining sto age on one side, TV cache o the other. Just pull the shad to hide the TV. The room look bigger than it is, thanks to low-contrast color scheme that absolute plaidness. One patter is used everywhere and all soli surfaces are painted to matc *Schöner Wohnen.*





When a color is good, and used right, you don't need a lot of it to get a great effect. In the room above, blue underscores the simple beauty of white on white while turning a chopped-up wall into a decorating focal point. Success lies in repeating your accent color in just the right amounts. Too little, and the color has no meaning; too much, and the room looks busy. *Schöner Wohnen. Designer: Peter Maly. Photo: Maywald.*



The bigger the window, the bigger your challenge to come up with a good-looking, practical window treatment. Here, glass doors are covered with sliding fabric panels, weighted at the bottom and hung from a ceiling track (American made). Use semi-sheer patterned fabric like this and you get more than a window covering; you get a floor-to-ceiling kaleidoscope with changing pattern effects as panels overlap. *Schöner Wohnen.*

Wood is a color, too, and should be figured into your color scheme. In this dining room, the light, natural wood of the furniture and ceiling makes a major contribution to the room's visual interest. The wood holds the spotlight because there are no large areas of strong color to intimidate it. If you use darker woods, you can afford to use stronger colors. Just be sure to include woods in your overall color scheme. *Das Haus.*



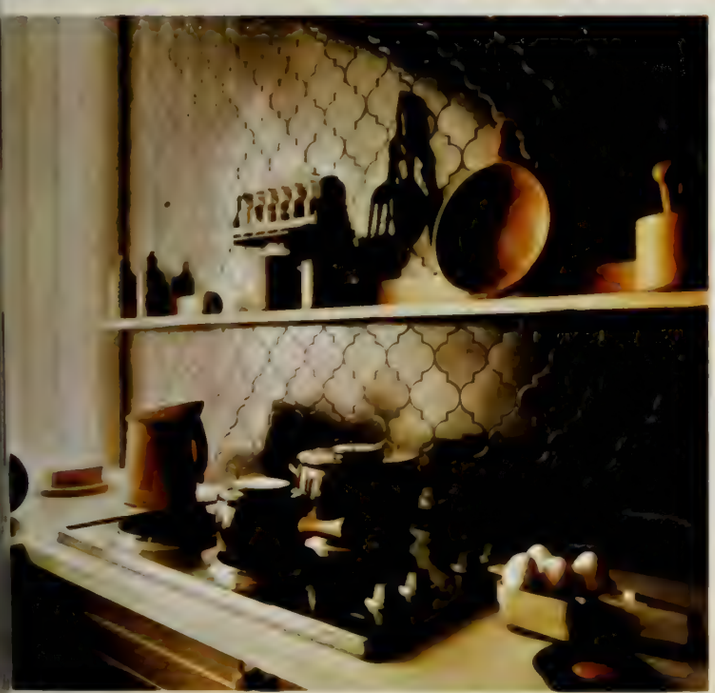




Split-levels aren't exclusive to suburban U.S.A. This one is in Karlsruhe, Germany, and houses the architect's family of five in slightly more than 1,000 square feet. Every inch of the house is made to function, and without looking cramped. The high, sloped ceilings help open things up visually, and even the pocket-size dining balcony doesn't seem unduly confined because it overlooks the open living room. The furniture is kept light in scale to maximize space. *Schöner Wohnen. Architect: Reinhard Rogalla.*

The two teen-age girls who live here wanted a bedroom that didn't look like a bedroom, but all they had to work with were two old beds and a fairly typical arrangement. The solution was to put the beds at right angles to each other and box them in with plywood, then finish the job with fabric. A lively red-on-yellow stripe covers mattresses, sofa frame, pillows—even window shades. The fire-engine red of the fabric is picked up for painted accents throughout the room. *Magazine: Zuhause. Designer: Michael Kaplan, Architect. Photo: Vogel-Berensmann.*





If tile is right for a backsplash area in a kitchen, then it's just as right for an entire kitchen wall. This is a great way to cook up some wall texture behind your range and still keep the area soap-and-water washable. Top the tile with a slim wooden shelf to serve as a roost for your favorite accessories or the cooking spices you want close at hand. *Das Haus.*



Here's an eye-opener! Though this vivid wash-basin counter is strictly European, we thought you'd enjoy seeing its design, efficient use of space, and courageous color. But more than that—we wanted to use this idea to make a point: if you're a bit timid about strong color, splash it in the bathroom where the effect is gigantic, but exposure is relatively small. *Zuhause.*

France, like the rest of Europe, is involved in do-it-yourself every bit as much as we are. Wherever you travel, you'll find young couples making their own furnishings on a beginner's budget. Handymen construct built-ins to utilize all the space their houses or apartments can muster. Homemakers work on crafts and sewing projects just for the satisfaction of creating things with their hands. Even children are involved with projects. European department stores have entire s tions stocked with materials for do-it-yourselfers—whet they're self-styled plumbers, cabinetmakers, or amateur signers in fabric and yarn. With all this emphasis on doi it's no wonder the next several pages showcase many rea lively ideas from France. And if these ideas spark the do urge in you—bon! Vive le do-it-yourselfer!



Kids love color—so this crayon-box floor is bound to be big with the little ones. And it's so easy to do! Just mask off floorboards with tape and paint each board with a different color enamel. A brightly striped window shade fabric can get you started. For nursery essential try side-by-side drawer units, wall-to-wall clothes bar, and cantilevered shelf that serves a changing table for baby. *Ma azine: La Maison de Mar Claire. Designer: J. C. Nicol for V 33.*

If you can slice five feet from the end of a room, you can have accommodations so appealing the family will wish they were houseguests. In the guest quarters below, the bed has been built into an alcove. Drawers were added beneath the mattress and the ceiling was lowered over the bed to create a storage shelf. A pint-sized vanity area completes the package. *Maison de Marie Claire. Designer: J. C. Nicolas for Lesura.*











Carpet on the floor is standard —but carpet on the furniture and walls? If the notion is still a little foreign to you, the room above ought to convince you that this immigrant idea can add some softness (and some soundproofing) to your own home. The corner sofa unit is a wooden frame that's carpeted, then topped with fabric-covered cushions and pillows. Carpet on the walls can create a gallery-like setting for prints. *La Maison de Marie Claire. Designer: Mardyks for Woolmark.*

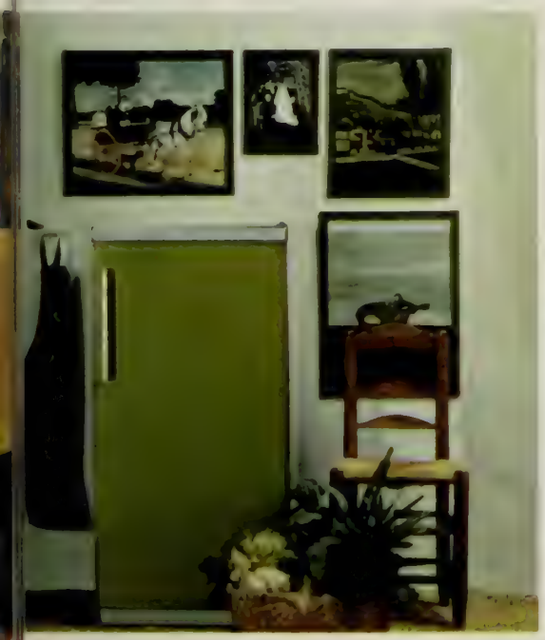
What's cooked in the kitchen above may be French cuisine, but the room's functions are as American as hot dogs. This kitchen has to provide space for dining, working, and storage. The space is small, but it's made to look bigger by rationing bulky cabinets and consolidating work areas. Open shelves fill in one end wall, giving easy access to everyday items without closing in the kitchen with claustrophobic heavy cabinetry. *La Maison de Marie Claire. Designer: J. C. Nicolas for Balaflex.*



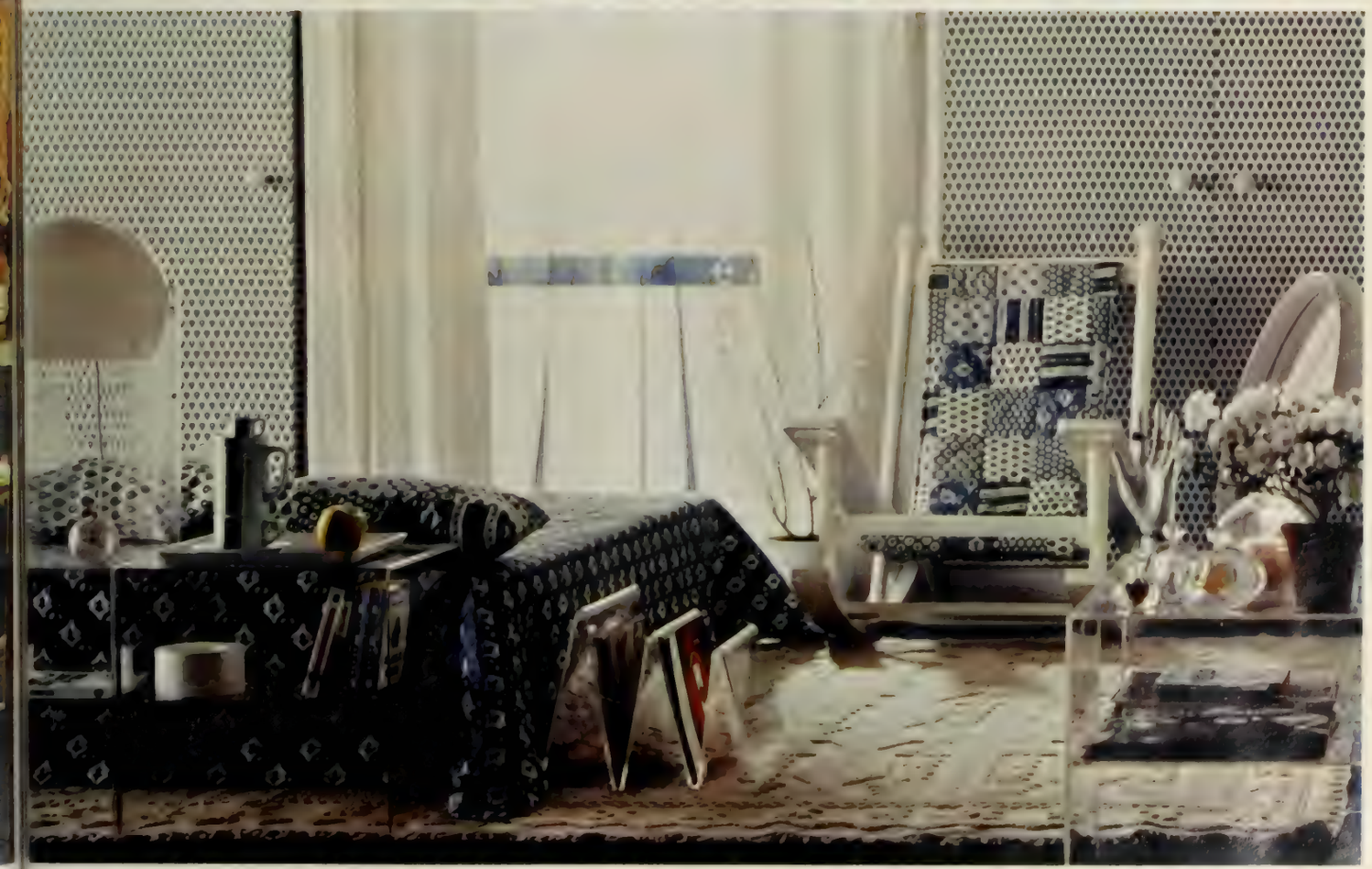
Why let kitchen storage stop with your built-in cabinets? You can line any wall with what look like built-ins but are really modular, freestanding units. This idea is very popular in France, and you can create the same effect in your own kitchen by building storage units or improvising with available unfinished furniture pieces. *Magazine Marie France.*

Your refrigerator may not be a work of art but it can still work into a wall grouping. To achieve a visual balance with a large, solid mass like this, however, you need wall hangings as strong as these green-framed prints. *La Maison de Marie Claire. Designer: Galland.*

When it comes to comfort on a tight-squeeze budget, the thrifty French have the low-down: cushions. To furnish a corner like the one below, construct a low wooden platform and back support frame, cover the whole thing with fabric, and pile it high with plump cushions. Make the seat cushions large enough to cover the platform from front to back, then carefully fit the back cushions on top of them. This arrangement will prevent the seat cushion from slipping out from under you. *La Maison de Marie Claire. Designer: J. C. Nicolas for Lesura.*







The blues can be beautiful when you put pattern on pattern and wind up with a bedroom like the one above. If there's a secret to this kind of decorating, it's picking several designs that share a color. In this case, the same shade of blue appears on white for the walls and as the background color for the bedspread fabric. These two prints, plus others with the same blue, are combined for the patchwork rocker pad. The natural-colored rug gives this room a warmth its pure whites lack. *La Maison de Marie Claire. Designer: J. C. Nicolas.*





Once you know what color can do, using it is like stacking the deck—you can come up with a winning hand every time. For instance, the dining room above seems like a red-orange room. But it really isn't! Most of the room is natural wood and raffia—or neutral white. If you paint the window trim, re-upholster the chairs, and switch accessories, the room could look blue, green, or any other color. *Magazine: Maison Francaise. Photograph: Indes.*



Draw a bead on this colorful window corner (bottom left). String wooden beads on picture wire, attach to wooden strips, then fasten strips to top and bottom of window frame. *La Maison de Marie Claire. Designer: D. Reichle.*

All tile and all beautiful! In the bath above, crisp bands of white set off the dark browns while the round shapes of basin and mirror relieve the straight lines of the tile. *Maison Francaise. Photo: Carla De Benedetti.*

When space, money, or the need to be flexible rules out top cabinets, do as the French do—store your things on open shelves and hide them behind stylish pull-down shades. You can lift this idea from the compact kitchen above and use it anywhere in your home—kitchen, laundry, or workshop area. *Marie France*



Pillows and slipcovers are the quick-change artists in decorating. To change the sofa scene at right, all you do is change the pillows. To change the whole color scheme, switch slipcovers, too. *La Maison de Marie Claire. Designer: J. C. Nicolas.*

Scandinavia

To a degree, all of us feel the need to be practical. But in the Scandinavian countries, practicality seems to touch all aspects of living. Even the beautiful wood pieces, textiles, glass, and metalcraft that represent Scandinavian design at its best are as functional as they are beautiful. And when it comes to daily living, practicality shows up in any number of ways—in eking out a room in an attic or hayloft, in building furniture to fit the tiniest spaces, or in retaining old structures and capitalizing on the rustic charm of century-old materials. But Scandinavian architecture and home furnishings are more tha practical, they're almost always permeated with a feeli livability. *People* figure into the scheme of things. Bui conform to their inhabitants' life-styles, and furnishing comfortable and easy to maintain. There's a wonderful mality that invites you in. On the next several pages, see this appealing juxtaposition of practicality and livabi with many of the ideas easily adaptable to your own ticular way of living.



All attics aren't dark and dusty. This one, for instance, has come a long way since its hayloft days. The fresh, light look comes from a skylight in the roof, white walls, and a minimum of furnishings—all kept small in scale (and in dollar outlay). The table is a slab of wood supported by what was handy. The big cupboard is a castoff from a grocery store. One good chair adds a touch of subtle color, as well as a bit of offbeat elegance. *Magazine: Hjemmet. Photo: Allan Peterson.*



Antiquity has its place, but so has modern engineering—and you don't have to be afraid of mixing them. The entry at the left is in a building that dates from 1830. The only thing in the entire house that isn't antique is the winding metal staircase, yet its starkness complements the austere beauty that surrounds it. *Hjemmet. Photo: Jan Unger.*



Layered-living is the answer to too little floor space. In the bedroom below, a desk shelf rests on drawered storage cabinets. This lower layer is topped with more storage units, then with a padded shelf that doubles as bed and sofa-perch. To make sure not an inch of space is wasted, open storage boxes are tucked between cabinets and wall. *Magazine: Heminrednings Boken.*



dd a roomful of living anywhere you can add a deck. The rea above offers the best of utdoor living, plus some inouse protection from the eleents. The roof shades half the eck, and the back wall cuts own wind while it creates the feeling of a room rather than a patio. This wooden deck was built across an unused drive between two buildings. Maybe there's a spot between your house and garage that could convert to this same kind of outdoor living area. *Hjemmet.*



White is right—anywhere, in any color scheme. And it's particularly good when you want to keep furnishings looking light and airy. This furniture has the look you need to maximize small space. It also has the versatility you need. The table legs can be removed and lower ones substituted if what you want is coffee table. And wall unit bins roll out to provide on-the-spot storage for dining accessories, family games, hobby gear, even bar supplies. *Magazine: Heminrednings Boken.*

Scandinavia



Play up your room's strongest architectural feature by putting your design emphasis there. In the room above, the spotlight goes to the sloped ceiling where insulation tile surrounds a large skylight and acts as background for eye-catching wood grid-work. If you're more interested in texture than pattern, you might paint the wood the same color as the tile. For a more dramatic effect, paint the wood a contrasting color and let the rest of the room remain quietly and elegantly understated. This room is a carefully chosen melange of whites and browns with only a few well-executed accessories to set it off. *Hjemmet. Photo: Allan Peterson.*

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t-designed lights made
lacquered metal semi-
eres with translucent
nt covers. *Magazine:*
sign from Scandinavia.





The glassware of Sweden has become world famous. This group of stemmed glasses combines translucent bowls with color-banded opaque stems to show off the country's artistry in glass design. *Design from Scandinavia.*

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accessory. *Design*
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Floral arrangements are given a distinctive new look by talented Swedish designers. This old apothecary jar sports a double-decked arrangement of strawflowers that would be a conversation piece anywhere. *Hjemmet.*

mps of wood shavings
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sign from Scandinavia.





Danish porcelain has been famous for over two centuries. This 1972 piece was hand-painted by specially trained artists and has the characteristic look of its traditional porcelain ancestors. *Design from Scandinavia.*

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The scene is Sweden, the look is North African, but the ideas can be adapted to any home in the United States. It's all in the choice of materials. In the room at left, two low beds display primitive-looking fabric coverings. The wall tapestries, striped rugs, matchstick window shades, and canvas campaign chairs all add up to a decorating style with foreign-legion flavor. *Magazine: Allt I Hemmet. Photo: Von Sterneck.*



One strong pattern comes on like a trumpet blast when it's surrounded by the muted bronze greens of the room at left. Using the same green for the floor and walls showcases the print sofa pattern, the touches of white, and the hot orange that serves as the room's single accent color. *Heminrednings Boken.*



Get away from it all in a bamboo curtained hideout that's utopia to any teen-ager. One half of the unit (bottom left) is bed alcove. The other half is closet and a frenetically decorated cubbyhole created from a wooden platform with foam pad, a truckload of pillows, and great gaudy vinyl wallpaper. The nook is assured still more privacy by the partial wall that supports the slab desk. Add an open storage shelf to roof the area in, and it's a perfect retreat from the adult world. *Heminrednings Boken.*

The house on the opposite page was built in 1820. In 1972, it's still going strong and is more livable than ever. Walls have been removed to open up to the ground-floor rooms and turn them into one big comfortable family room-living room with a kitchen tucked behind the low partial wall. A ladder leads to the sleeping loft which now houses bedrooms that were previously grounded. All the rough wood has been left intact and any new wood or furnishings added were carefully keyed to the rustic look of the house. The overall effect is contemporary living in a charming 150-year-old structure. *Hjemmet. Photo: Lennard.*





Italy is considered a leader in contemporary design—particularly in plastic furniture. And for this reason, you might expect to see Italian homes acting as display cases for what's most contemporary. But it's not that way! As we found throughout Europe, there's just no stereotyped design style in any country and certainly not in Italy, where doing what comes naturally does, indeed, come naturally. Nowhere will you see a greater mix of furnishings. Sleek, plastic furniture with its curved lines, modular concepts, and space-age beauty shares the spotlight with valuable antique pieces as wel furniture that's not really old enough to be antique but bad enough to toss out. And this natural blend of belong results in the kind of eclectic decorating that's advocate designers the world over. It's being yourself and enjoying furnishings whatever they are. It's tempering what's very with something old and vice versa. It's free and easy dec ing and nowhere is it done with greater freedom and ease in Italy. Take a look and see for yourself.



Solid as a rock is the only way to describe the unique furniture in the room above. It's masonry! This living-dining room has no conventional seating pieces or table surfaces. Furniture is blocks of heavily textured masonry in different heights and widths, some piled with down-filled cushions for seating comfort, others used as small tables. Even the dining table is made of stone. It's all designed to complement the old building. Walls and rough-hewn ceiling beams are left in their original state, painted white and put to use as architectural backgrounds for this unusual decorating effect. *Magazine: Abitare. Photo: Carla de Benedetti.*



There's very little this sleeping-seating-storage unit can't do—and in a minimum amount of space. It's a built-in that has everything. The bed portion has been set away from the wall by just enough space to accommodate closets and recessed open shelves for books, record player, and accessories. The unit is wide enough to allow storage on either side of the mattress. Open side and fronts provide shelf space while the top surfaces act as lamp tables. With the addition of some throw pillows, the bed turns sofa; and to make use of every inch, small drawers are fitted under the mattress platform. *Magazine: La Mia Casa.*



Fabric and color can do for a room what no other elements can. The little dining corner at left would be just a miscellany of old furniture without the gold print fabric that spans the windows, table, and chairs. In fact, the chairs could have been considered bleak before their face-lifting. The old wood slat backs were given a pseudo-upholstered look by wrapping the slats with fabric and edging it with braid. The same treatment gave the wood arms a softer look while the box cushions with satin tasseled ties made the whole area rather elegant. *La Mia Casa.*



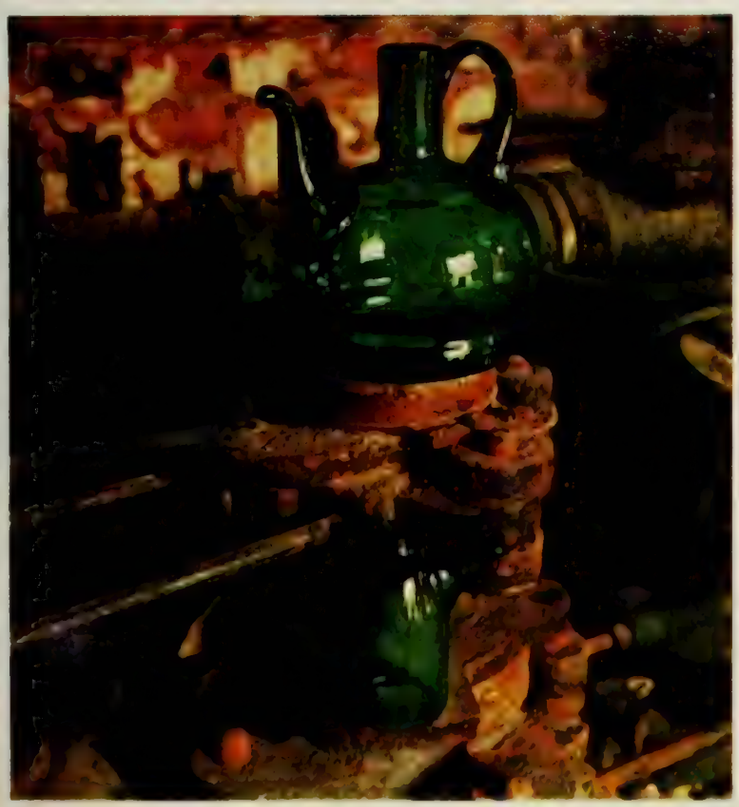
The Italian flair for mixing old and new is apparent in the room at left—and it should give you the courage to try the same thing. Typically Italian contemporary design is represented in the table and chairs, modular storage system, and lamp. But just as important to the room's balance is the dark wood cabinet that looks like it came from a Medici castle. This kind of mixing takes the sterile showroom look out of your home. Old pieces make your contemporary furnishings more dazzling, while modern ones bring out the beauty and character in your old furniture and accessories. *Magazine: Interni.*

When you're blessed with interesting architecture and a choice location, you don't need a lot of furnishings. The living room below is decorated with extreme simplicity. Though each piece is individual, all work together to say that a free spirit lives here. *Interni.*



For centuries, Italian glassblowers have transformed lumps of incandescent material into handsome glassware such as the flasks below. Their color is the result of impurities in the glass, which is melted at up to 1,500° centigrade before blown. *Abitare.*

Ceramic plates are like canvases to the Italian artist who records imaginary journeys to imaginary lands. The beauty of these designs lies primarily in their freshness, simplicity, and childlike lack of inhibition in using vibrant colors. *Abitare.*









Glass that's hand-blown has a number of irregularities which result in various thicknesses and coloring. This amber plate, then, becomes a one-of-a-kind original. *Abitare.*

The plates above are made by methods used hundreds of years ago—with special firing processes resulting in wafer-thin ceramics that look delicate but are extremely strong. *Abitare.*

HEARTY MEAT PIES

By Priscilla Hanson Kruse
Associate Food Editor

If psychologists are right and aromas are among childhood's most indelible impressions, maybe it's because generations of mothers have made pies like these.

On snappy football days, its great to come home to the irresistible aroma of a meal-in-a-dish hot from the oven. All that's needed to round out a satisfying dinner is a crisp salad or relish bowl and a nut-topped ice cream dessert.



BEEF BURGUNDY PIE

A burgundy-flavored sauce makes this beef pie one to remember—

1½ pounds beef stew meat, cut in 1-inch cubes (3½ cups)
2 tablespoons cooking oil
1½ cups water
1 beef bouillon cube
1 cup sliced carrots
¾ cup chopped onion
2 cloves garlic, minced
½ cup burgundy
¼ cup all-purpose flour
1 teaspoon worcestershire sauce
½ teaspoon salt
½ teaspoon mixed salad herbs
½ teaspoon kitchen bouquet
⅛ teaspoon pepper

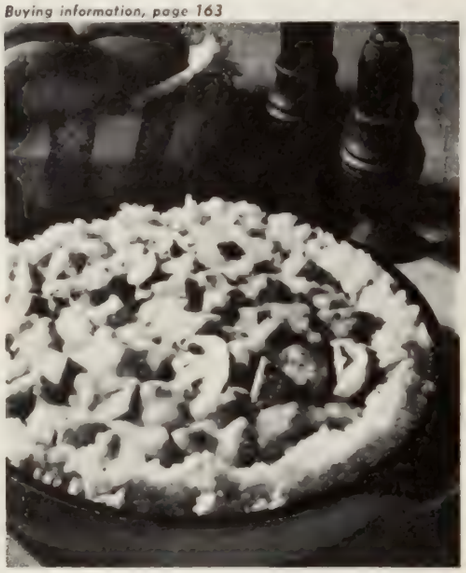
• • •

1 cup packaged biscuit mix
⅓ cup water

In a 3-quart saucepan, brown beef stew meat in hot cooking oil. Add the 1½ cups water and the bouillon cube. Bring mixture to boiling. Cover; reduce heat and simmer over low heat 30 minutes. Add the sliced carrots, chopped onion, and minced garlic; simmer 20 minutes more or till meat is tender. Thoroughly combine burgundy and flour; stir into beef mixture gradually. Add worcestershire sauce, salt, mixed salad herbs, kitchen bouquet, and pepper to beef mixture. Cook and stir till thickened and bubbly. Turn meat mixture into four 8-ounce individual casseroles.

Combine biscuit mix and the ⅓ cup water; spoon atop hot meat mixture. Bake in 375° oven for 15 to 20 minutes or till biscuits are done and golden brown. Makes 4 servings.

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HAM-TURKEY PIE

Recycle leftover ham and turkey in this one-dish meal—

4 tablespoons butter or margarine
5 tablespoons all-purpose flour
¼ teaspoon pepper
2 cups chicken broth
1 cup diced cooked ham
1 cup diced cooked turkey
½ cup sliced mushrooms
¼ cup chopped green onion
3 tablespoons snipped parsley
1 recipe Rice Shell

In saucepan, melt butter or margarine; blend in flour and pepper. Add chicken broth all at once. Cook over medium heat, stirring constantly, till mixture thickens and bubbles. Add ham, turkey, mushrooms, onion, and parsley; mix thoroughly. Pour into prepared Rice Shell. Bake in 350° oven for 40 minutes. Let stand 5 to 8 minutes. Makes 6 servings.

To make Rice Shell: Combine 2½ cups cooked long-grain rice, 2 beaten eggs, 4 tablespoons melted butter, and ⅛ teaspoon pepper; mix thoroughly. Press firmly into an ungreased 9-inch pie plate.

Photographs: Dreier



PORK PIE DINNER

A cheddar cheese pastry covers this pork and apple combination—

1½ pounds lean pork, cut in 1-inch cubes (3½ cups)
1 cup water
½ cup chopped onion
1 teaspoon ground sage
¾ teaspoon salt
½ cup milk
¼ cup all-purpose flour
1 recipe Cheese Pastry
3 cups thinly sliced, pared, cored cooking apples (2 large apples)
1 tablespoon sugar

In 3-quart saucepan, brown pork cubes well over medium-high heat. Add water, onion, sage, and salt; cover and simmer 20 minutes or till meat is tender. Combine milk and flour; stir into pork mixture. Cook and stir till mixture is thickened and bubbly. Turn half the hot pork mixture into casserole lined with Cheese Pastry. Place apple slices over meat; sprinkle with sugar. Cover with remaining pork mixture. Place pastry wedges atop meat. Bake in 450° oven for 10 minutes; reduce heat to 350° and bake 25 minutes more. Garnish with a parsley sprig, if desired. Makes 6 servings.

To make Cheese Pastry: Sift together 1 cup sifted all-purpose flour and ¼ teaspoon salt; add ⅔ cup shredded sharp natural cheddar cheese. Toss with fork to mix thoroughly. Cut in ⅓ cup shortening with pastry blender till pieces are the size of small peas. Sprinkle 1 tablespoon cold water over part of mixture. Gently toss with fork, push to side of bowl. Repeat with 2 additional tablespoons of cold water. Roll two-thirds of the dough to an 11-inch circle, about ⅛ inch thick. Line 1½-quart casserole with pastry. Roll remaining dough to a 6½-inch circle; cut into 6 wedges.


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QUAKER OATS COMPANY

Potato sausage—pronto!

Buying information, page 163

Photographs, Dieter

Anyone of Scandinavian ancestry knows how delightful the aroma of simmering potato sausage is—especially during the holiday season. Traditionally, the potatoes and meats were ground together with a hand-crank meat grinder. Today an electric food grinder and the handy sausage stuffer attachment make short work of the entire sausage-making process. Buy the sausage casings at specialty food stores or at meat markets. Before serving, you may want to remove the casings from the cooked sausage to reveal the mild flavored meat.





POTATO SAUSAGE

Beef chuck and pork shoulder are good choices for sausage meats—

Beef or pork sausage casings
1½ pounds boneless beef with fat trimmed
1 pound boneless pork with fat trimmed
6 potatoes, pared and cut up (6 cups)
1 medium onion, cut up
1 tablespoon salt
1 teaspoon ground allspice
¼ teaspoon pepper

Rinse casings; let soak in water for 2 hours or overnight. With coarse blade of meat grinder, grind together beef and pork (or ask meatman to grind them together for you). Combine ground meats, potatoes, onion, salt, allspice, and pepper. Attach sausage stuffer attachment to grinder. Push casing onto stuffer, letting some extend beyond end of attachment. Using coarse plate of grinder, grind mixture together allowing it to fill casings. Fill casings till firm but not overly full. When you hav a link about 18 inches long, ti ends with string. Before cooking poke filled casings at interval with wooden pick to allow fo escape of fat.

In large saucepan or kettle cover sausage with water; cove and cook for 30 to 40 minutes Serve warm. Any leftover sau sage can be covered with wate and stored in refrigerator; drai and reheat in the oven or skille Makes 5 pounds of potato sau sage.



(ADVERTISEMENT—PART OF A FICTIONALIZED SERIES)

ory behind Mrs. Wilson's Mother's "Hand-Me-Down" Cake

you remember that slippery oilcloth some people used to ir kitchen tables with way back in the '30's? Well, one of cloths, my 4-year-old brother Tommy, and a cake that er used to bake were all part of an incident ildhood that's as vivid as if it had d only yesterday.

nember racing home that was a crisp fall after- e smell of burning as in the air and ool I'd run into my ary Jane and we'd to trade those ar pictures that he inside of ice- p lids. Now I id I'd be late r, and in our being late *dessert, no* s. And that Mother said going to make cial chocolate e—my favorite of

rushed in, out of smelled the coun- chicken, candied d buttermilk bis- king in our old t-iron stove—but alizing aroma of colate layer cake red my senses.

t a beautiful sight the ake was! Those layers us chocolate cake cov- irls of rich, dark choco- ng . . . it was almost too me to resist.

Incident occurred right ther placed the just- ake on the oilcloth- able that stood smack ldle of our kitchen. She er back briefly and who was the youngest t agile of my three managed to climb up ble in about two sec- He leaned one elbow ble and was about to ttle bit of frosting with hand. All of a sudden his elbow slipped on the slippery d splat! His hand landed right on top of the cake, leav- ect imprint.

ner turned around and glared. Those were Depression a chocolate layer cake was strictly a once-a-month ides, we were expecting Mrs. Coleman for dinner that she thought she could bake better than anyone on the block, which was one reason Mother had gone all out with *her* cake for the occasion.

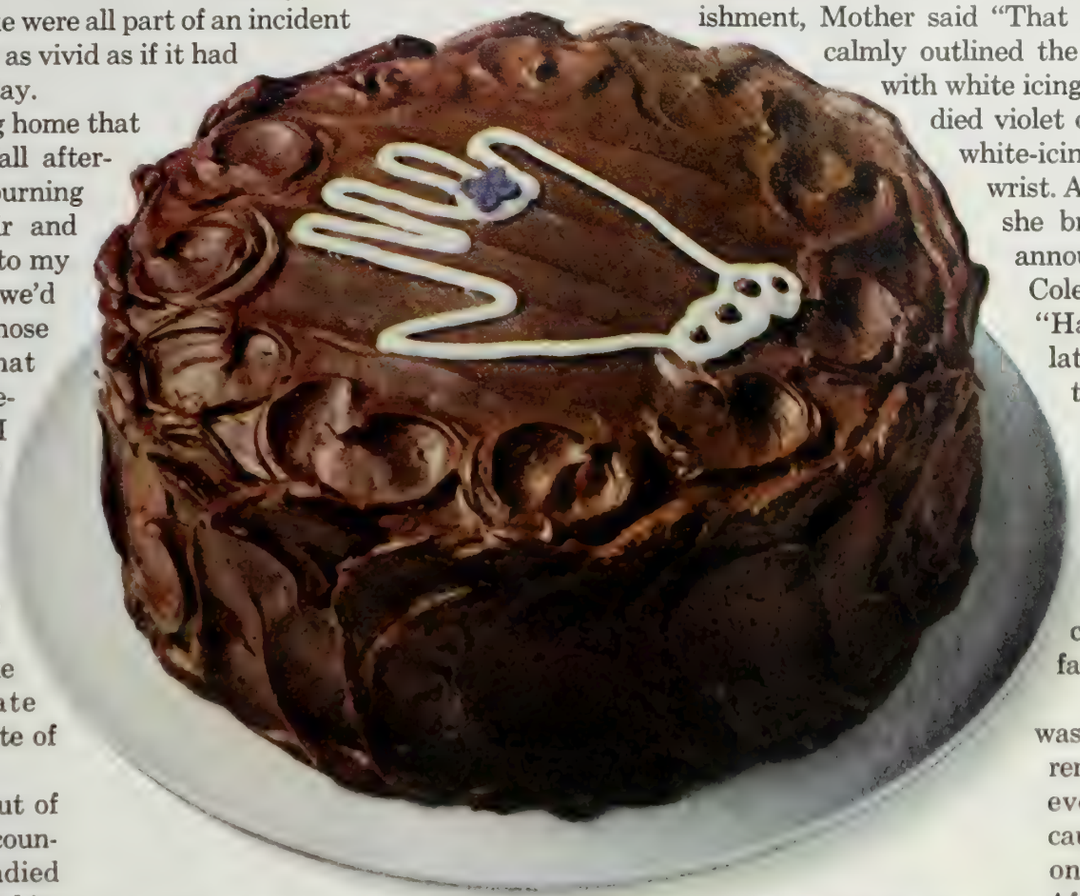
So naturally we all expected an explosion. But to our astonishment, Mother said "That gives me an idea!" She calmly outlined the handprint on the cake with white icing. Then she placed a candied violet on the ring finger and a white-icing Victorian ruffle at the wrist. And at dessert time, when she brought the cake in she announced grandly to Mrs. Coleman that this was called "Hand-Me-Down" Chocolate Cake—from a recipe that had been in the family for generations!

Mother cut a huge slice for each of us—Tommy got the whole thumb—and I washed my slice down with the cold, fresh milk from my favorite glass.

That's really all there was to the Incident, but I remember the rest of the evening too, maybe because of the news we heard on the radio that night. After dinner, I took another piece of cake and some milk into the living room, where we settled down for our nightly session with the radio.

That evening, we listened to a scary mystery program and I was afraid I'd stay awake all night dreaming about it. I can't remember what we were listening to just before the news came on—but suddenly the old gothic-shaped mahogany table radio was telling us about the invasion of Poland. The grown-ups looked very grave so I knew something bad had happened—a Big Event. But of the two Big Events of that day, the one that created the "Hand-Me-Down" cake was by far the most important to me.

And from then on, every time Mother baked her chocolate layer cake, we'd beg her to turn it into a "Hand-Me-Down" again. And, like mothers throughout history, she would always give in.



Mrs. Wilson's "Hand-Me-Down" Chocolate Cake tastes as good today as her Mother's did 33 years ago

"Hand-Me-Down" Chocolate Cake

¾ cup butter or margarine
1¾ cups sugar
2 eggs
1 teaspoon vanilla
2 cups all-purpose flour
¾ cup Hershey's Cocoa
1¼ teaspoons baking soda
½ teaspoon salt
1½ cups water

Cream butter and sugar until light and fluffy. Add eggs and vanilla; beat 1 minute at medium speed. Combine flour, cocoa, baking soda and salt; add alternately with water to creamed mixture. Pour batter into 2 greased and floured 8-in. cake pans. Bake at 350° for 35 to 40 minutes. Cool; frost with chocolate frosting and decorate.



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Sunburst Yam Bake

2-1-lb. 1-oz. cans Royal Prince Yams (sweet potatoes), drained
1-13-¼-oz. can pineapple tidbits, drained

* * *

¼ cup Kraft Pure Orange Marmalade
1 cup Kraft Miniature Marshmallows or 10 Jet-Puffed Marshmallows

Arrange yams in a circle in 9-inch pie plate. Place pineapple in center. Dot yams and pineapple with marmalade. Bake at 350°, 30 minutes. Top with marshmallows. Broil until lightly browned.

6 servings

Make it the good Kraft way.
Your family'll love it.



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Kraft Marshmallows toast up into a yam bake.

They're jet-puffed to stay soft and toast nicely.



Buying information, page 163

FILE UNDER SALADS AND SALAD DRESSINGS

CITRUS SALADS

Rose Fruit Mold

An easy-to-make mold wins first place in the Citrus Salad category.—

2 envelopes unflavored gelatin
1½ cups water
⅓ cup sugar
¼ teaspoon salt
1 16-ounce can grapefruit sections
1 cup rose wine
2 tablespoons lemon juice
3 drops red food coloring
1 cup seedless green grapes, halved

In saucepan, soften gelatin in water; stir in sugar and salt. Cook and stir till gelatin is dissolved. Drain grapefruit sections, reserving ½ cup syrup. Stir syrup into gelatin; add rose, lemon juice, and red food coloring. Chill till partially set. Fold in grapefruit sections and grapes. Turn into 5-cup ring mold. Chill till firm. Unmold on serving plate. Garnish by filling center ring with fresh fruit. If desired, serve with Celery Seed Dressing: In small bowl, combine ½ cup sugar, ⅓ cup lemon juice, 1 teaspoon celery seed, 1 teaspoon dry mustard, 1 teaspoon paprika, and ½ teaspoon salt. Slowly add ¾ cup salad oil, beating with electric or rotary beater till thickened. Makes 1⅓ cups dressing and 6 to 8 servings of fruit mold.

Mrs. Marsha Riesenberg, Pomona, N.Y.

Cut along dotted line



Photographs: Dieter

FILE UNDER CAKES, FROSTINGS, AND FILLINGS

FRUITCAKES

Two-toned Jewel Fruitcake

2 cups slivered almonds
1 cup *each* light raisins, snipped dried apricots, diced candied pineapple, halved candied cherries
¼ cup honey
2 cups chopped walnuts
1 cup dark raisins
1⅓ cups chopped dates
1 cup diced candied citron
1 cup diced candied orange peel
¼ cup molasses
1 teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon allspice
1½ cups butter or margarine
1 cup sugar
6 eggs
4 cups all-purpose flour
2 teaspoons salt

Oil and line two 10¼x3⅝x2⅝-inch loaf pans with paper. Oil again. Combine first six ingredients. In another bowl, combine next nine ingredients. Cream together butter or margarine and sugar. Add eggs; beat well after each. Stir in flour and salt. Beat well. Pour half of batter in each bowl; mix well. Spoon half of dark batter into each pan. Repeat with light batter. Bake in 300° oven for 1¾ to 2 hours. Cool; remove from pan. Wrap in wine-soaked cheesecloth. Overwrap in foil. Refrigerate 2 weeks. Re-moisten.

Mrs. Gerald E. Wilhite, Emporia, Kan.

Better Homes NEW COOK BOOK

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Pineapple-Coconut Fruitcake

1½ cups diced candied pineapple
1½ cups light raisins
½ cup diced candied orange peel
1 7-ounce package flaked coconut
1 cup chopped walnuts
½ cup butter or margarine
1 cup sugar
4 eggs
½ cup pineapple juice
2½ cups sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon salt

Combine first five ingredients. Cream butter or margarine and sugar till fluffy. Add eggs, beating well after each. Stir in pineapple juice. Sift together flour, baking powder, and salt. Add to sugar mixture. Fold into fruit mixture. Spoon into seven greased and floured 10½- or 12-ounce cans. Bake in 300° oven for 1½ hours. Cool. Remove from cans. Wrap separately in brandy-soaked cheesecloth. Overwrap in foil. Store in cool place at least 2 weeks. Re-moisten once or twice.

Mrs. Marjorie Farrell, Orange, Mass.



Holiday Chip Cake

2 cups mixed candied fruits and peels
2 cups raisins
1½ cups chopped pecans
1 cup semisweet chocolate pieces
4 tablespoons butter or margarine
1 cup sugar
3 eggs
¼ cup applesauce
1½ cups sifted all-purpose flour
¼ teaspoon *each* baking soda, ground allspice, ground cinnamon, and instant coffee powder

Lightly oil a 7-cup ring mold. Line with heavy brown paper; oil again. Combine fruit, nuts, and chocolate pieces. Cream butter or margarine and sugar till fluffy. Add eggs one at a time, beating well after each. Stir in ¼ cup water and the applesauce. Sift together dry ingredients; stir into sugar mixture. Fold in fruit; spoon into pan. Bake in 275° oven about 2¾ hours. Cool; remove from pan. Wrap; store in cool place.

Mrs. A. Nazzaro, Newfoundland, N.J.



Cranberries In The Sun

1 11-ounce can mandarin orange sections
½ cup whipping cream
1 cup cooked rice
¼ teaspoon shredded orange peel
1 8-ounce can (1 cup) jellied cranberry sauce
1 tablespoon sugar
1 teaspoon cornstarch
1 tablespoon lemon juice
1 large orange, peeled and sliced ¼ inch thick
Lettuce leaves

Drain mandarin oranges, reserving 1 tablespoon liquid. Whip cream; fold in rice, orange peel, and mandarin oranges. Chill. In small saucepan, break up cranberry sauce; stir in sugar, cornstarch, lemon juice, and reserved mandarin orange syrup. Cook and stir till mixture is thickened and bubbly. Cool to room temperature. Spoon mounds of rice mixture on lettuce leaves. Halve orange slices and arrange around mounds. Spoon cranberry sauce atop. Makes 4 servings.

Mrs. Ken Jernigan, Titusville, Fla.



Spanish Citrus Salad

3 large oranges, peeled and sectioned (1½ cups)
1 15-ounce can red kidney beans, drained
½ cup chopped celery
1 small onion, sliced and separated into rings
1 tablespoon snipped parsley
1 tablespoon chopped pimiento
⅓ cup unsweetened grapefruit juice
¼ cup salad oil
1 tablespoon vinegar
½ teaspoon salt
¼ teaspoon dried oregano, crushed
⅛ teaspoon dried thyme, crushed

Cut orange sections in half crosswise. In large bowl, combine oranges, kidney beans, celery, onion, parsley, and pimiento. Blend remaining ingredients together; pour over mixture in bowl. Chill several hours, stirring several times. Serve in romaine-lined bowl. Makes 6 servings.

Mrs. J. Slemmons, Jackson, Mich.

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Pumpkin Treat.
Prepare Vanilla Crème Soft Swirl according to package directions. Blend with 1 cup canned pumpkin. Makes 5 servings.

Peach Shortcake.
Cake cubes drizzled with peach syrup, topped with cut peach slices and prepared Peach Crème or Vanilla Crème Soft Swirl. Makes 6 servings.

Chocolate Graham Crunch.
Prepared Chocolate Crème Soft Swirl layered with crushed chocolate covered graham crackers. Makes 5 or 6 servings.

Mincemeat Rum Cup.
Prepared Vanilla Crème Soft Swirl blended with 2 tbsp. light rum *or* 1/2 tsp. rum extract and layered with 1 tbsp. moist mincemeat. Serves 4.



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Family trust

Begins on page 52

Living trusts

Also called "inter vivos trusts," these come into operation during the lifetime of the trustor (the creator of the trust). Two typical situations:

1. You're a parent or grandparent and want to make a gift, or expect to make a series of gifts, to a minor (the "donee"), without gift tax. (If you're giving more than $3,000 to any one person, check your lawyer about gift tax.) The trust property can be money, securities, or property of almost any kind. Section 2503(c) of the Interna Code dictates the fo kind of trust.

2. You have inco ing property and want that income for your ent, or grandparent beneficiary rather tha is taxable on the inco Section 673 of the you can set up a trust ten years or during t of the donee. At the trust period, you ge cipal back—and you h to pay any tax yours income during that this kind of living t need a properly prep instrument, so see yo

Testamentary trusts

These are set forth that they become eff death. They can be u control or manageme erty to the trustee, w come from the prop to the beneficiaries name. This is a good tect your heirs fr through all the inh once, or losing sc through bad money m You can arrange to bank, your lawyer, knowledgeable pers this kind of trust.

A testamentary tru be used to postpone of the trust propert beneficiary for a peri One purpose is to sav taxes when you die you might want you have income benefits die, and then later ha property go to your this way, the value of erty (up to half your e estate taxes in the es surviving spouse. Be that U.S. estate taxes to cost once an estate life insurance—has a debts of $60,000. St implications of any carefully.

Decisions with your

Testamentary and trusts should be sp pared. Among the qu should discuss with y Who is to be trust times you can be, b times there are tax Is it necessary to nam sor trustee, and if What property goe trust? Who is bene you want more than ficiary? Are there to itations on the trus to sell, buy, or inve erty? Any other lim

Prepared for the n Louis M. Brown, no thority and professo the University of Co



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Nog. Stir in 12 oz. Bacardi dark rum.
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Turkey basics

Choosing and cooking the venerable bird can be baffling. To simplify both jobs, check these pointers before turkey time.

Types: There are several kinds of birds to buy. Dressed, ready-to-cook, quick-frozen turkeys are the most plentiful and come packed in airtight plastic bags.

Some people prefer fresh-chilled turkeys which have never been frozen but are somewhat more expensive.

You may choose a self-basting turkey. These birds have had fat injected beneath the skin in the breast and leg areas.

Turkey hindquarters include the leg, thigh, part of the back, piece of wing, and some giblets. They are great for small families who like dark meat.

Turkey roll roasts with both light and dark meat are also available. They range in size from two to six pounds and can be purchased plain or with gravy.

Servings: The number of servings per bird depends somewhat upon the size of appetites in your family. A homemaker can plan a pound per person when selecting a whole turkey or five ounces per serving for a boneless turkey roll. This gives everyone a generous serving plus some leftovers.

To thaw your turkey: Thaw turkey in the original moistureproof wrapping in the refrigerator. Or, you can thaw by placing the wrapped bird in a pan of cool water; change water often. (Warm or hot water will raise the temperature of the outside of the bird too quickly.)

Ready-to-cook Weight	Approximate Time in Refrigerator	Approximate Time in Water Bath
3 to 8 lbs.	1 to 2 days	3 to 5 hours
8 to 12 lbs.	1 to 2 days	5 to 7 hours
12 to 20 lbs.	2 to 3 days	7 to 9 hours

After thawing, free legs and tail f tucked position. Remove bird from bag, move neck and giblets. Refrigerate wi 24 hours after thawing.

Turkey Roasting Chart	
325° OVEN	
Purchased ready-to-cook weight	Guide to total roasting time*
6 to 8 lbs.	3½ to 4 hrs.
8 to 12 lbs.	4 to 4½ hrs.
12 to 16 lbs.	4½ to 5½ hrs.
16 to 20 lbs.	5½ to 6½ hrs.
20 to 24 lbs.	6½ to 7½ hrs.
*If turkey is unstuffed, less roast ing time may be required	

To roast whole turkey

Preheat oven to 325 . First, rinse tha bird; pat dry. Stuff wishbone cavity; sk neck skin to back. Tuck wing tips be shoulder joints. Rub salt in body ca lightly fill with stuffing. Push drums under band of skin at tail (or tie to Brush bird with melted cooking fat. I meat thermometer in center of inside muscle, making sure bulb does not t bone. Place turkey, breast side up, on in a shallow roasting pan. Cover with a "cap" of foil. Avoid having foil touch or sides of the turkey.

When turkey is two-thirds done ac ing to chart, cut band of skin or cord a so heat can reach inside of thighs. Cor cooking till meat thermometer registers Thickest part of drumstick should feel soft when pressed between fingers pro with paper toweling; the turkey's drum should move up and down and twist in socket.

To roast in covered pan*

Preheat oven to 350°. Prepare bird as and insert meat thermometer. Place tu breast side up, on rack in roasting pa not add water; cover pan with lid or tightly with foil. Roast 11- to 12-poun key for 3 hours. Remove cover and cut of skin or cord. Baste turkey with pan and roast, uncovered, till done, about more. The turkey will not be as attr as in uncovered method. *If a covered colored roasting pan is used, the total ing time will be shorter. Roasting tim pends on the size and conformation bird. The meat thermometer gives a to doneness (185°).

To roast in cooking bags or wra

Preheat oven according to manufac direction. Prepare bird as above and meat thermometer. Be sure to coat wrap with at least 1 tablespoon flour in to prevent bursting and release of h and juices. Manufacturers also recom that holes be punctured in the top c as a safety precaution. Use a pan enough to hold the entire contents or wrap, and deep enough to colle juices released during roasting. Th will need to be at least 1½ to 2 inches Read and follow manufacturer's dir for roasting, but rely on your meat ther eter for accuracy of doneness.

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Before



After

he pot on the left has the remains of
n omelette.

The unretouched picture on the
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rubbed with the brushless water
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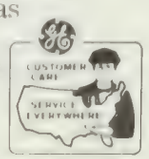
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THE COMPLETE FAMILY REUNION SNACKBOOK

Favorite snack ideas for everyone, made with Snack Cheese from Kraft

Jon-Who's-In-Real-Estate-Now's Recipe For Picnic Sticks.
Spread Old English Sharp pasteurized process cheese spread on salami slices and wrap around bread sticks.

Phyllis-Who-Married-The-Millionaire's Idea For Puff Appetizers.
Simply divine! Spread Philadelphia Brand Whipped Cream Cheese with Chives on party rye and broil until puffy. Garnish as desired.

Beth-Who's-Majoring-In-History's Recipe For Fondue.
Heat two 8-ounce jars of Cheez Whiz pasteurized process cheese spread with 2 tablespoons Parkay Margarine in saucepan. Pour into a fondue pot. Serve dip with chunks of French bread, corn chips.

Jane-The-One-With-The-Freckles' Suggestion For Vegetable Dippers.
Use all kinds of crisp vegetables as low calorie dippers for French Onion Dip from Kraft. Carrots, green pe



cauliflowerets and cherry toma-
l taste delicious with this real
eam dip.

Who-Moved-To-New York's For Ice-Breaker Snacks.
breaker is a tray of Squeez-A-
asteurized process cheese spread
avors. Serve with crackers, cel-
d garnishes like chopped onion
ves. Let everyone gather around
eeze his own snacks.

Other members of the Kraft family of snacks that couldn't make the reunion.

Olive Pimento Pasteurized Neufchatel Cheese Spread Recipe for Deviled Eggs.
Frank-who-is-starting-to-get-bald cuts 8 hard-cooked eggs in half lengthwise. Mixes the yolks with one 5-ounce jar and 1 tablespoon milk. Then refills the whites.

Party Snack Pasteurized Neufchatel Cheese Spread for Stackups.
Susie-who's-going-to-high-school-next-year spreads the pimento flavor on slices of luncheon meat and stacks them. Tops with another slice of meat and cuts into wedges.

Kraft Pasteurized Process Cheese Food Links for Mini Grilled Sandwiches.
Bill-who's-taking-flying-lessons puts a slice of the link between party pumpernickel bread, spreads both slices of bread on the outside with soft Parkay Margarine, and grills on both sides.

Kraft Ready to Serve Bacon and Horseradish Dip with Meatballs.
B.J.-who-looks-more-like-his-father-every-day heats this over a low heat and serves it with tiny meatballs on wooden picks.

Nippy Brand Whipped Pasteurized Cheese Spread and Cocktail Burgers.
Helen-my-how-she's-grown spreads this tangy delight on small cooked hamburgers on split biscuits

KRAFT
Division of Kraftco Corporation



Hey, American Woman.



You like bold colors in your fashions, your car, your furniture, even your bathroom fixtures.



Now how about doing something about those pots and pans?



Bold colors are in...and cooking is fun...with Regal Mardi Gras. So don't spoil the fun with a potpourri of plain old pots and pans. Cook in Mardi Gras. Colors to complement your kitchen...to fit your every mood...avocado, flame, harvest gold. Cookware glamorous enough to set on the table. All colorful porcelain-clad aluminum... and Teflon II coated for no-stick cooking, no-scour cleaning. Matching coffee perk, fondue, corn popper and can opener, too. How much? You'll be pleasantly surprised. So come on...make your cookware do something besides prepare your dinner. Ask for Regal Mardi Gras at your favorite store.



Regal Ware Inc.
Kewaskum, Wisconsin

Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 163 for this shopping information.

SMALL ELECTRICAL APPLIANCES

Toasters ar



By Janice L. Heckroth, Appliances, Housewares, and Management Edi

With the ever-growing influx of convenient toaster foods quick snacks, your toaster or toaster oven is probably wo overtime. Here are some pointers to help you get the from these helpful appliances.

How to use your toaster

- Be sure to read the operating instructions.
- To toast less than the maximum amount in some m you must adjust the color control to a lighter color.
- When toasting only one slice of bread, check to see if is a right and wrong side to use.
- To reheat toast, if your toaster doesn't have a reheat s put the color control on light or as low as it will go.
- Do not force food into any toaster. Older toasters wer designed for the new toaster foods and may not be a accommodate them.
- If you have a toaster that can be used for the new adjust the temperature control according to the directio the food package.

How to take care of your toaster

Keeping your toaster clean pays off in performance. To unplug the toaster, remove or open crumb tray, brus crumbs or wipe with a damp cloth. If there's a stubborn use a nylon or plastic scouring brush, rinse, and dry thoro before closing.

After the toaster has cooled, wipe the exterior with a cloth, then polish with a dry cloth. A liquid glass cleane remove persistent finger marks from the exterior. To chrome plating shiny, polish occasionally with a non-ab whiting or silver polish.

How to choose a new toaster

If you're buying a toaster for yourself or for a gift, lo these features that will give you more flexibility and performance.

- Check the toaster to be sure the wells are large enou take the new toaster foods. The openings should also b enough to accept thick slices of bread and English muff
- Decide where you'll be using the toaster and choose on fits that space best.
- Note whether the color control is flexible enough to suit member of the family. The control should be easy t just and easily visible. Some toasters can be set to toas dark and light colors at the same time. Some toasters als a reheat setting.
- Look to see how high the bread is lifted after being t or warmed. Small pieces of bread or English muffins difficult to remove if they don't pop up above the toast
- Open the crumb tray to see that it is convenient to and that there are no sharp edges.
- Read the wattage rating; the higher the wattage, the the browning, and the softer the interior of the bread.
- Look for the UL label, read the guarantee, and b service is available.

Toaster ovens

A toaster oven lets you toast a wide range of fo various sizes and shapes. It can also be used to bake foods, hors d'oeuvres, frozen entrées and dinners, sma seroles, small batches of cookies or rolls, and many other

aster ovens

to use your toaster oven

ure to read the operating instructions.
toaster oven is not to be used for broiling, only for
g, baking, and top browning.

There's nothing unnatural in this great vegetable dish. Including the vinegar.

You can bring added flavor to vegetables and still keep them natural with Heinz Cider Vinegar. It's made from

How do I love thee? Let me count the ways:



I love thee with Sara Lee coffee cake,



strawberry cheese cake...



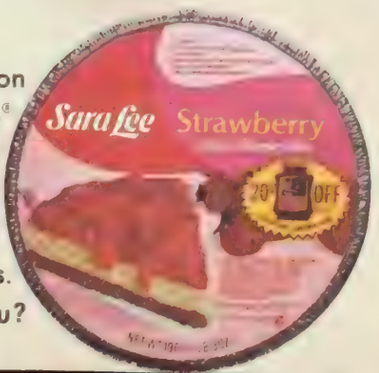
chocolate,



pound,



Easy to love, too, with the 20¢ coupon good on any size jar of Taster's Choice® Freeze-Dried Coffee, which you'll find in all specially marked packages of Sara Lee® Cakes during Taster's Choice/Sara Lee "Coffee-and" Days. What kind of a lover are you?



Hey, American

SMALL ELECTRICAL APPLIANCES

Toasters and





THE HOLIDAY BRUNCH MADE QUICK AND EASY

Take a holiday from all that heavy cooking...with Swift's Premium Brown 'N Serve S... They can help make an elegant brunch quick and easy. 'Cause they're fully cooked... take only five minutes to fix. Yet they taste like sausages used to... hearty, juicy and delicious. Brown 'N Serve saves you time... and now save money with the coupon on Swift's Premium Brown 'N Serve. Or should it be "Brown 'N Brunch"?



Brighten up your brunch... with the drink so deliciously different it sets up the sausage. Pampers the pastry. Coddles the coffee. It's Ocean Spray Cranberry Juice Cocktail. The other breakfast drink!

Sure you could have the "everyday" breakfast drink. But Cranberry Juice Cocktail gives every breakfast a special sparkle and tang.

Ocean Spray Cranberry Juice Cocktail. A very special drink for brunch or breakfast. Yours at a saving when you redeem the coupon at left.

S-2

caster ovens

o to use your toaster oven

B sure to read the operating instructions.

T toaster oven is not to be used for broiling, only for a ng, baking, and top browning.

I most instances, use the same times and temperatures l for in recipes for conventional oven baking, or follow e irections on the package. Watch carefully as some ovens n to be faster or slower than the conventional oven. When u get to know your toaster oven, you'll be able to judge e me more accurately.

D not cover the rack with foil as there must be space for e eat to circulate.

I he instructions say to use a baking sheet, use the oven p rovided for that purpose.

o to take care of your toaster oven

le liness is essential. A buildup of spattered grease inside m ause a fire. Also, an accumulation of residue on the si wall adversely affects the toasting and baking per- m nce. The racks and the interior wall should be cleaned t soapy water. Make sure you don't dampen any electrical p g and, of course, remove the cord from the outlet before c ng. The temperature sensor in the oven should also be c or it will not work properly.

g a toaster oven

The two basic styles of toaster ovens are shown in the fore- o d of the photograph. The oven on the left bakes and a bread, pastries, frozen entrées. In the toaster oven on s ght, toaster foods are toasted in the toaster located in the p nd larger items are toasted in the oven at the side.

T size of toaster ovens varies both in height and width. n difference is important if the toaster oven is going to be u or more than just toasting bread and an occasional frozen tr . If the oven is to be used for casseroles, frozen entrées, c check the height needed to accommodate your dishes.

T controls should be easy to use. Some models have the m control for both oven baking and toasting.

C ning the oven is easier when there are removable racks d rumb trays.

T toaster should be UL listed.

ter food tips

T toasting pattern varies with the shape of the loaf or slice b ad, the moisture content, amount of fat, amount of sugar, d pe of flour. You may have to adjust the color setting for v s kinds of bread. Bread that is dry will toast faster. White l ht flour breads toast faster than dark flour breads. Raisin b has a high sugar content so it toasts faster.

F crustless bread or half slices of bread, toast the bread e then remove the crust or cut into pieces.

T ster pastries, because of their sugar coating, icing, or syr- y ontent, tend to absorb more heat than bread and can be- m quite hot to the touch. To spare your fingers, don an in- f d mitt to remove such food or let it cool slightly before i ing from the toaster.

H toast or hot toaster foods should not be placed on a cold s ce. This will cause moisture to condense on the underside, a g it soggy. Cloth, paper, or a small rack will allow air c ation and reduce the condensation.

T ster foods, such as toaster pastries, are heavier than bread c so check to be sure your toaster will release or pop up the f after it's been toasted.

ter and toaster oven safety

N er immerse toaster or toaster oven in water.

N er insert oversized food, a metal foil package, or a utensil a oaster or you may create a fire or electrical hazard.

T free broken or misshapen toast, unplug the toaster, turn i ide down, and shake gently.

W en the toaster or toaster oven is operating, be sure it's t overed by or touching flammable material such as cur- t draperies, walls. The appliance should be at least one i away from the wall.

A oaster and toaster oven are high-wattage appliances. Don't e te on same power line as another high-wattage appliance.

There's nothing unnatural in this great vegetable dish. Including the vinegar.

You can bring added flavor to vegetables and still keep them natural with Heinz Cider Vinegar. It's made from the juice of fresh-picked apples and pure water. Nothing else. It's pure natural food and that's why it brings a fresh natural taste to other foods.

RED CABBAGE AND APPLES

In deep saucepot combine ⅓ cup sugar, 1 tsp. salt, ¼ cup Heinz Apple Cider Vinegar, 1 cup water, ½ cup butter; heat to boiling. Stir in 4 qt. shredded red cabbage (3- to 3½-lb. head), 5 tart apples, peeled, grated. Cover; simmer 2 to 2½ hours, stirring occasionally. Makes 6-8 servings.

Heinz. The Natural Vinegars.





Help a budget meat loaf become Meat Loaf A La Madrid with 6¢ of Herb-Ox

It's a matter of common cents! A few pennies of HERB-OX still helps you turn budget meals into m delights. Try beef, chicke and onion flavors a pick-me-up drink Send coupon bel budget-miracles-

Meat Loaf a la Madrid

1 pound beef, finely tomato sauce • 10 large sliced olives • 1 or Beef Bouillon cub half cup of hot water Herb-Ox Instant Bou quick oats • 2 eggs • • ¼ teaspoon peppe

Mix beef with ½ cup of ingredients. Arrange in 11" round pan. Spread cup of sauce evenly ove 325° oven 1½ hours. G sired. Serve in wedges.

The Bar-Tender's touch makes it easy as 1, 2, 3.



Your water. Your liquor. Our mix.

Now! Make great cocktails at home. It couldn't be easier—an envelope of Bar-Tender's, water, and liquor does it. You just shake and serve. There's no guessing, no fussing, no spoilage—just a perfect drink, every single time.

That's the Bar-Tender's touch—deliciously simple and simply delicious. In 12 varieties at all food and beverage stores, and backed by a 100% money back guarantee.

Bar-Tender's: America's #1 selling instant cocktail mix. Bar None.



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Roast, uncovered, in 375° oven for 2 hours or till meat thermometer registers 185°.

CHESTNUT-STUFFED DUCKLING

Poultry is done when your meat thermometer registers 185° —

2 cups (8 ounces) fresh chestnuts
1 cup sliced mushrooms
½ cup chopped celery
¼ cup chopped onion
6 tablespoons butter or margarine
4 cups dry bread cubes (6 slices bread)
1 cup chopped apple
1½ teaspoons salt
¾ teaspoon rubbed sage
½ teaspoon poultry seasoning
¼ teaspoon pepper
2 tablespoons dry sherry
2 tablespoons lemon juice
2 3- to 5-pound ducklings

In saucepan, boil chestnuts in shells in enough water to cover for 15 minutes. Keep chestnuts in water; remove, one at a time to pare: make slit in chestnut with sharp knife; pare off shell and discard. Chop chestnuts. Cook mushrooms, celery, and onion in butter or margarine till tender, but not brown; combine with bread cubes, apple, salt, sage, poultry seasoning, and pepper. Toss lightly with sherry and lemon juice. Lightly salt inside of ducklings. Stuff each; push drumsticks under band of skin at tail, or tie to tail. Prick skin well all over to allo to escape. *Do not rub w* Roast in 375° oven 1½ hours. Increase oven te ture to 425° and roast 1 utes more. Makes 4 to 6 se

TURKEY WITH MEATY SPI STUFFING

A meaty stuffing that dou a casserole—

1 10-ounce package froze chopped spinach
1 pound bulk pork sausage
8 ounces ground veal
8 ounces ground fresh por
1 cup chopped onion
1 cup chopped celery with
¼ cup snipped parsley
1 clove garlic, minced
4 slightly beaten eggs
¾ cup grated parmesan c
1 8-ounce package herb-seasoned stuffing mix
1 cup chicken broth
½ teaspoon rubbed sage
16- to 20-pound turkey

Cook spinach according age directions; drain aside. Cook sausage, ve pork, breaking meat ap ing cooking, till meat about 15 minutes. Add onion, celery, parsley, lic; cover and cook 20 more. Combine eggs, and parmesan. In bowl, stuffing mix, meat mixt mixture, broth, and sa bird; push drumsticks un

Bounty of fall foods

Begins on page 54

CORNISH HENS WITH CRANBERRY STUFFING

A colorful and attractive dish—

1 cup chopped cranberries
3 tablespoons sugar
2 cups dry raisin bread cubes (4 slices bread)
1 teaspoon grated orange peel
½ teaspoon salt
⅛ teaspoon ground cinnamon
2 tablespoons butter or margarine, melted
2 tablespoons orange juice
4 1- to 1½-pound Cornish game hens

In mixing bowl, combine cran berries

CAPON WITH MUSHROOM STUFFING

This stuffing can be used as a side dish, too—

1½ cups sliced fresh mushrooms (4 ounces)
1⅓ cups packaged precooked rice
¼ cup chopped onion
¼ cup snipped celery leaves
1½ teaspoons salt
¼ teaspoon dried oregano, crushed
¼ teaspoon rubbed sage
¼ teaspoon dried thyme, crushed
Dash pepper
4 tablespoons butter or margarine
1½ cups water
⅓ cup chopped pecans
5- to 7-pound capon

saucepan, cook mushrooms, ed rice, onion, celery t, oregano, sage, epper in butter or l vegetables are t brown. Stir in o boiling; reduce mer, uncovered, utes or till most bsorbed, stirring . Remove from ans; mix lightly. at dry and salt ird; push drum- nd of skin at tail. Place, breast side in shallow roasting n with cooking oil.

The Bar-Tender's touch brings out the best in a daiquiri.



Now you can give your daiquiris the lime tang that marks the professional's touch. With our mix. Easily. Every time. We do the work. You enjoy the taste. *Also deliciously ea the Bar-Tender's whisky-sour.*

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Dieter

at tail, or tie to tail.
ird, breast side up, on
shallow roasting pan.
n with cooking oil. In-
t thermometer in center
e thigh muscle, making
b does not touch bone.
oird loosely with foil.
325° oven for 5½ to
rs or till meat thermom-
isters 185° and drum-
ists easily in socket.
g last 45 minutes of
time, cut band of skin
between legs and tail;
and continue roasting
. *For stuffing casserole:*
uffing mixture into 2-
sserole; bake in 350°
1 hour. Makes 10 cups.

N SQUAB

ven flour coating,
ds in a bag—
14-ounce ready-
k squabs
ll-purpose flour
ons salt
ooking oil
ce can tomatoes, cut up
ter
ncooked long-grain rice
opped onion
arlic, minced
oons chopped green

oon snipped parsley
oon dried oregano,
d
oon salt



squabs in half lengthwise.
flour and the 2 tea-
lt. Coat birds with flour
In large skillet, brown squabs in hot oil; remove and set aside. Drain off fat. In same skillet, combine *undrained* tomatoes, the water, rice, onion, garlic, chilies, parsley, oregano, and the remaining salt. Return squabs to skillet. Cook, covered, over low heat for an additional 45 minutes or till rice and squabs are tender, stirring occasionally. Makes 8 servings.

PERFECT CORN BREAD

One of the easiest and fastest hot breads around—

1 cup sifted all-purpose flour
¼ cup sugar
4 teaspoons baking powder
¾ teaspoon salt
1 cup yellow cornmeal
2 eggs
1 cup milk
¼ cup shortening

Continued

TODAY IS THE FIRST DAY OF THE REST OF YOUR LIFE
...START IT RIGHT
MORE VITAMINS in 'total' cereals than in any others
total
10 vitamins plus iron in whole wheat flakes
One bowl (1 oz.) gives you 100% of the minimum daily adult requirement of vitamins and iron
Start it right with 'TOTAL'.
One ounce of original or Corn 'TOTAL' gives you 100% of the minimum daily adult requirement of vitamins and iron. In fact, good tasting 'TOTAL' has more vitamins than any other cereal. So live right, eat right. Start with 'TOTAL'.
total
corn total



Good old-fashioned taste without a good old-fashioned mess!

Carnation
INSTANT
HOT COCOA MIX
Just add hot water

Easy as adding hot water Just zip open a packet. Stir in the hot water and you've got a cup of rich, creamy-tasting cocoa. Without a messy cocoa pan in sight! Get Carnation Hot Cocoa Mix by the single packet or 12 packet box. Either way, good old-fashioned tasting cocoa is everywhere you shop today.

Try chocolate marshmallow flavor, too.

Bounty of fall foods

Continued

Sift flour with sugar, baking powder, and salt; stir in cornmeal. Add eggs, milk, and shortening. Beat with rotary or electric mixer till just smooth, about 1 minute. (Do not overbeat.) Pour into greased 9x9x2-inch baking pan. Bake in 425° oven for 20 to 25 minutes.

PHEASANTS JUBILEE

Pan drippings add extra flavor—

2 1½- to 3-pound ready-to-cook pheasants
Salt
2 small bay leaves
2 cloves garlic
2 lemon slices
Celery leaves
6 to 8 slices bacon
1 tablespoon cornstarch
1 16-ounce can pitted light sweet cherries
¼ cup dry white wine
¼ teaspoon salt
1 tablespoon butter or margarine

Wash birds; pat dry. Lightly salt cavities. Stuff each with 1 bay leaf, 1 garlic clove, 1 lemon slice, and a few celery leaves. Cover breasts with bacon slices; push drumsticks under band of skin at tail, or tie to tail. Place on rack in shallow roasting pan. Roast in 350° oven for 1 to 2½ hours or till done. Remove birds from pan; set aside 1 tablespoon drippings. Remove strings from birds; discard stuffing. Makes 4 to 6 servings. Serve with *Jubilee Sauce:* In small saucepan, combine reserved drippings and the cornstarch. Drain cherries, reserving syrup; halve cherries. Combine reserved syrup, the wine, and the ¼ teaspoon salt; stir into cornstarch mixture. Cook and stir till mixture thickens and bubbles. Stir in cherries and butter or margarine; heat through. Makes 2½ cups sauce.

SAVORY QUAIL

Light cream makes the sauce extra special—

8 4- to 6-ounce ready-to-cook quail
¼ cup all-purpose flour
1 teaspoon salt
⅛ teaspoon pepper
4 tablespoons butter or margarine
½ cup dry white wine
2 tablespoons sliced green onion
½ cup light cream
2 egg yolks
¼ teaspoon salt
Dash pepper

Tie legs of quail together with string. In plastic bag, combine flour, the 1 teaspoon salt, and the ⅛ teaspoon pepper; add 2 or 3 quail at a time; shake to coat. In skillet, brown quail in butter or margarine. Add wine and green onion. Cover and simmer 25 to 30 minutes or till birds are tender. Remove quail to warm platter; keep warm. Measure ½ cup pan juices in skillet. Beat cream with egg yolks and the remaining salt and pepper; slowly stir into pan juices. Cook and stir over medium heat just till smooth and thickened. *Do not boil.* Pour sauce over quail. Makes 4 servings.

WHEAT GERM BREAD

A bread with a fine grain and crispy crust—

6 to 6¼ cups sifted all-purpose flour
½ cup stirred whole wheat flour
½ cup nonfat dry milk powder
¼ cup wheat germ
1 package active dry yeast
2¾ cups water
¼ cup sugar
3 tablespoons shortening
2 teaspoons salt

In mixer bowl, combine 2 cups of the all-purpose flour, the whole wheat flour, dry milk, wheat germ, and yeast. In saucepan, heat together water, sugar, shortening, and salt just till warm (115° to 120°), stirring constantly to melt shortening. Add to flour mixture in mixer bowl. Beat at low speed with electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes more at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn out onto lightly floured surface; knead till smooth, 5 to 7 minutes. Place in greased bowl; turn once to grease surface. Cover and rise in warm place till double, 40 to 50 minutes. Punch down; divide dough in half. Cover and let rest 10 minutes. Shape each portion into a loaf; place in greased 8½x4½x2⅝-inch loaf pans. Cover and let rise till double, 30 to 40 minutes. Bake in 400° oven for 30 to 35 minutes. Remove from pans; cool on rack. Makes 2 loaves.

ROYAL RYE ROLLS

This dough keeps in the refrigerator for your convenience—

4 cups stirred rye flour
2 packages active dry yeast
2 tablespoons caraway seed
2¼ cups milk
½ cup sugar
3 tablespoons shortening
1 tablespoon salt
2 eggs
3 cups sifted all-purpose flour

In mixer bowl, combine 2 cups of the rye flour, the yeast, and caraway seed. In saucepan, heat together milk, sugar, shortening, and salt just till warm (115° to 120°), stirring constantly to melt shortening. Add

Continued



Turkey with all the trimmings, sandwich style



The first Thanks- ast lasted more than one day, can yours. Kraft's day-after on is this wholesome turkey ch made with individually- d American Singles, topped nberry sauce. Singles process ood slices add delicious fla- or and substance to sand-



wiches. More important, they add nourishing protein. Let the sandwich work harder for you with Singles from Kraft.



Start the left-over season with something new! Kraft's three newest flavors are Sharp, Onion-Chive and Jalapeño—and they're delicious.

KRAFT Division of Kraftco Corporation

Even a great dinner gets boring the third time around.

The truth is, an eye is harder to please than a stomach. Instead of serving the same old things week after week, reach for your box of Minute® Rice and turn the same old things into great new things. Minute Rice is such an easy way to make beautiful skillet main dishes, casseroles, fascinating side dishes. Think of it this way: the once a week surprise.



Minute is a registered trademark of the General Foods Corp.

13 BEEF AND RICE STROGANOFF

1 pound lean sirloin or flank steak, cut into strips
2 tablespoons salad oil
1 can (4 oz.) sliced mushrooms, drained
1½ cups Minute® Rice
Water
1 can (10½ oz.) condensed beef consommé
1 tablespoon flour
1 cup (½ pt.) sour cream
Onion salt

Quickly brown meat in oil in skillet. Add mushrooms and rice. Add water to soup to make 2 cups; stir into meat mixture. Bring to boil. Reduce heat, cover, and simmer 5 minutes. Meanwhile, blend flour into sour cream. Stir into meat mixture; heat thoroughly. Season to taste with onion salt. Garnish with chopped parsley, if desired. Makes 4 servings.

14 POLYNESIAN CHICKEN

2½ pounds frying chicken pieces
½ cup seasoned all-purpose flour
¼ cup butter or margarine
1 can (8¼ oz.) sliced pineapple
2 tablespoons brown sugar
1 tablespoon vinegar
1¼ cups water
1 teaspoon salt
1½ cups Minute® Rice

Dredge chicken in seasoned flour. Brown in butter in large skillet. Drain pineapple, reserving ¼ cup syrup. Dice pineapple. Combine syrup, brown sugar, and vinegar; pour over chicken. Cover and simmer until tender—about 20 minutes. Push chicken to sides of skillet. Add pineapple, water, salt, and rice; stir to moisten rice. Bring to boil. Cover, reduce heat, and simmer 5 minutes. Garnish with pineapple slice and parsley, if desired. Makes 4 servings.

15 RICE AND BREAD STUFFING

½ cup *each* chopped onion and celery
1½ cups Minute® Rice
½ cup butter or margarine
2¾ cups chicken broth*
2 cups seasoned stuffing mix
2 tablespoons chopped parsley

*Or use 2 chicken bouillon cubes dissolved in 2¾ cups water.

Sauté onion, celery, and rice in butter in large skillet until lightly browned. Stir in broth. Bring to boil. Reduce heat, cover, and simmer 5 minutes. Stir in stuffing mix and parsley. Let stand a few minutes until stuffing mix is moistened. This mixture may be served immediately with baked chicken. *Or* spoon mixture into a 6-pound chicken (do not pack tightly). Roast at once. Garnish with parsley, if desired.



MINUTE® RICE:
IT'S SOMETHING DIFFERENT EVERY WEEK.

GF
GENERAL FOODS KITCHENS

If you make sandwiches, you need the Tupperware® containers shown here. We call them the Sandwich Makers.

They're great for keeping all your sandwich ingredients fresh. The bread. The cheese. The cold cuts. Even the sandwiches themselves. Idea: Fix several sandwiches ahead of time and store them in the refrigerator for instant snacks. They'll stay crunchy fresh for days.

You can order the Sandwich Makers set at a Tupperware Party. If you have a party in your home before December 30, 1972, you may qualify to earn a Hamilton Beach® Deluxe adjustable electric knife and carving board. Call a Tupperware distributor for full details.

You'll find your nearest distributor in the phone book under "Tupperware."

TUPPERWARE®



If you want to lock in freshness, Tupperware really locks it in.

© Dart Industries Inc. This offer available in U.S.A. only.

unty of foods

ued

ixture in mixer bowl; add Beat at low speed of elecixer for ½ minute, scrapdes of bowl constantly. 3 minutes at high speed. nd, stir in the remaining ur and enough of the allse flour to make a soft . Place in greased bowl, g once to grease surface. and refrigerate. Two before serving, shape into



l rolls. Let rise in warm till double, about 1 hour. with water; sprinkle with salt and more caraway, red. Bake in 375° oven to 25 minutes or till done. 2 dozen.

E WHEAT MUFFINS

kin seeds make this muffin ing special—

sifted all-purpose flour
spoons baking powder
poon salt
ps stirred whole wheat

shelled pumpkin seeds, pped
en egg
milk
cooking oil
light molasses

xing bowl, sift together pose flour, baking powder, lt; stir in whole wheat nd pumpkin seeds. Com-



, milk, oil, and molasses. well in dry ingredients; egg mixture. Stir just till redients are moistened. Pour batter into 12 greased muffin pans, filling about ⅔ full. Bake in 400° oven for 20 to 25 minutes. Makes 1 dozen.

MOLASSES OATMEAL BREAD

Round loaves add variety to buffet and family tables—

5¼ to 5½ cups sifted all-purpose flour
2 packages active dry yeast
1 tablespoon salt
¼ cup molasses
2 tablespoons cooking oil
2 cups hot (not boiling) water
1½ cups rolled oats
Cooking oil
1 slightly beaten egg white
2 tablespoons rolled oats

In mixer bowl, combine 2 cups of the flour, the yeast, and salt. Add molasses, the 2 tablespoons oil, and hot water. Beat at medi-

Continued

um speed of electric mixer for 2 minutes, scraping sides of bowl occasionally. Add 1 cup of the remaining flour. Beat at high speed 1 minute. By hand, stir in the 1½ cups rolled oats. Then gradually stir in enough remaining flour to make a soft dough. Turn out onto lightly floured surface. Knead till smooth and elastic, about 5 minutes. Place dough in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double, 1½ to 2 hours. Punch down. Turn out on *lightly* floured surface; divide in Shape each half into a loaf. Place on greased sheet. Cover and let rise in place till nearly double 45 to 60 minutes). Brush egg white. Sprinkle each with 1 tablespoon rolled Bake in 375° oven for 35 minutes. If crust brown quickly, cover with foil t 5 minutes. Cool on rack. 2 loaves.

MASHED PARSNIPS AND POTATOES

Serve family style with butter—

1 pound sweet potatoes, pa and sliced (2½ cups)
1 pound parsnips, pared ar sliced (2 cups)
2 tablespoons butter or ma
½ teaspoon salt
¼ teaspoon ground allspic
Chopped green onion

In saucepan, cook potato parsnips, covered, in a amount of boiling salted till tender, about 15 m drain. In mixer bowl, c hot parsnips and potato butter or margarine, sa allspice. Beat till smooth, milk if necessary to mak fluffy. To serve, top wit onion and butter or ma Makes 4 to 6 servings.

SAUCY BRUSSELS SPROUTS

Don't boil the sauce after sour cream—

2 pints fresh Brussels sprou
½ cup chopped onion
2 tablespoons butter or ma
1 tablespoon all-purpose flo
1 tablespoon brown sugar
1 teaspoon salt
½ teaspoon dry mustard
½ cup milk
1 cup dairy sour cream
1 tablespoon snipped pars

Wash and trim sprouts. large sprouts in half. In pan, cook sprouts, cov a small amount of boilin water for 10 to 15 min till just tender; drain. Me in medium saucepan, co in butter or margarine t but not brown. Stir brown sugar, salt, and tard till blended. Stir Cook and stir till mixtu ens and bubbles; blend cream. Add sprouts; st to combine. Cook til through (do not boil). to 8 servings.

OXTAIL LEEK STEW

Have your meatman di oxtails for you—

⅓ cup all-purpose flour
2 teaspoons salt
Dash freshly ground pep
5 pounds oxtails, disjoint
¼ cup shortening
1 cup chopped onion
¾ cup chopped, peeled (1 medium tomato)

Cnti

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Kraft Dinners:
great ideas for good cooks
on a budget.

KRAFT
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Kraftco Corporation

Bounty of fall foods

Continued

1 large carrot, pared and quartered
1 medium turnip, pared and quartered
2 cloves garlic, minced
Few sprigs parsley
1 bay leaf
2 cans condensed beef broth
1 cup water
2 tablespoons port

• • •

1 cup port
1 teaspoon salt
Freshly ground pepper
1½ cups sliced carrots (6 medium carrots)
2 cups sliced leeks (4 leeks
Boiled potatoes
Snipped parsley

Combine flour, the 2 tea salt, and the dash pepper oxtails with flour mixtu large Dutch oven, brown in hot shortening, turning drain. Add onion, toma quartered carrot, turnip, the parsley sprigs, bay beef broth, water, and tablespoons port. Bring ing; reduce heat. Cov simmer for 1½ hours or tails are almost tender. and discard the cooked turnip, parsley, and ba Skim off fat. Return mix boiling; reduce heat and the remaining port. Add maining salt and a little ground pepper. Simme ered, for 30 minutes. Ad carrots; simmer 10 more. Add leeks; simme 15 minutes more or ti tables are just tender. Se boiled potatoes; sprink a little snipped parsley. 6 to 8 servings.

SAUSAGE-STUFFED TUR SQUASH

Insert knife at an angle f leverage and prettier edg

1 3-pound turban squash
Salt
1 pound bulk pork sausag
1 cup chopped celery
½ cup sliced fresh mush
¼ cup chopped onion
1 slightly beaten egg
½ cup dairy sour cream
¼ cup grated parmesan
¼ teaspoon salt

Cut slice from stem squash so squash will s right. Cut out turban e out seeds. Lightly salt squash. Place squash, end down, in shallow pan. Bake in 375° ov hour or till tender. M in skillet, combine pork celery, mushrooms, an cook till vegetables a and meat is brown. D Combine egg, sour cr mesan, and salt. Stir sage mixture. Turn scooped end up; fill wit mixture. Bake 20 to 2 more. Makes 6 serving

SQUASH SOUFFLE

For a light souffle, tr egg whites delicately—

3 cups mashed, cooked winter squash
4 tablespoons butter or
2 tablespoons brown su
½ teaspoon salt
½ teaspoon grated ora
⅛ teaspoon ground nut
Dash pepper
4 egg yolks
4 egg whites

In large mixing bowl squash, butter or brown sugar, salt, or

WIN PLANTERS® PEANUT DISCOVERY SWEEPSTAKES



It's the 470th anniversary of the discovery of the peanut. And Planters is really celebrating with an exciting Discovery Sweepstakes that will take the lucky winner on a 15 day adventure for two that re-creates the original discovery route of the peanut.

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Get this beautiful 16" x 23" full color reproduction of a 16th century map of the world, plus a set of stick-ons that can be used to mark the voyages of great explorers as well as the discovery route of the peanut! It's an exciting, educational and beautiful addition to your home.



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Please send me_____Map and Stick-On Set(s). I enclose $1.00 (check or money order payable to Planters Peanut Discovery Celebration) plus two labels from any jar of Planters Dry Roasted nuts, or two Mr. Peanut symbols cut from the plastic lids of any blue cans of Planters Nuts for each set. Allow 4-6 weeks for delivery. Offer good only in U.S.A. Void where prohibited or restricted. Offer good only while supply lasts.

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Send to:
Planters Peanut Discovery Celebration,
P.O. Box 4282, Westbury, N.Y. 11590
Orders without zip code cannot be accepted.



neg, and pepper. Beat till y. Add egg yolks; beat well. t egg whites till stiff peaks ı; carefully fold in squash ure. Turn into 6-cup souffle . Bake souffle in 350° oven 55 to 60 minutes. Makes 8) servings.

TY VEGETABLE SALAD

e this salad ahead for your enience—

dium turnips, pared and ced (2 cups)
dium carrots, pared and ced (1½ cups)
nall cauliflower, broken in werets (1½ cups)
all green pepper, cut in ips (½ cup)
s water
spoon salt
p vinegar
p sugar
p salad oil
spoons curry powder
spoon salt
aspoon pepper

turnip slices. In saucepan, ine turnips, carrots, cauli- r, green pepper, water, and rst teaspoon salt. Bring to g; cover and simmer for 5 es or till tender-crisp. and cool. In screw-top jar, ne vinegar, sugar, oil, cur- e remaining salt, and the



. Cover and shake vigor- Pour curry dressing over les; toss lightly. Refrig- veral hours or overnight, vegetable mixture occa- . Makes 8 servings.

ERRY MERINGUE PIE

table pie, with an unusual ling—

cranberries
s water
ight raisins
s granulated sugar
cornstarch
chopped walnuts
poons butter or
rine
hites
poons brown sugar
baked pastry shell

um saucepan, cook cran- in water, stirring till ies pop. Add raisins. e granulated sugar and ch; add to cranberry mixture. Cook and stir till mixture thickens and bubbles. Stir in nuts and butter or margarine till butter melts; cool. Beat egg whites till soft peaks form. Gradually add brown sugar and continue beating till stiff peaks form. Turn cooled filling into baked pastry shell. Spread meringue over filling, sealing to edge. Bake in 350° oven for 10 minutes or till golden brown.

FRESH TANGERINE SHERBET

If tangerines are especially sweet, reduce sugar to 1 cup—

3½ cups milk
1½ cups sugar
1 teaspoon grated tangerine peel
1½ cups fresh tangerine juice (5 to 6 tangerines)
2 tablespoons lemon juice
Orange food coloring

Continued on page 150

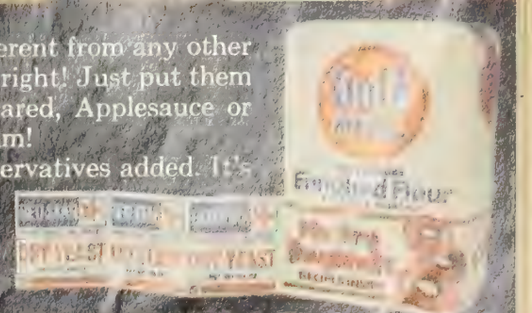
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Use Red Star® Yeast. The natural yeast with no preservatives added. It's so dependable, so easy to use.

Treat your family to a batch of new No-Fry Doughnuts with Gold Medal® flour. Isn't it that time of year?



Make it a Gold Medal Autumn. The recipe's in this Gold Medal sack.

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SAVE UP TO $5 ON FAMILY FOOD IDEAS

Family Food Ideas advertisers in this issue of Better Homes and Gardens have made possible a special offer of the Better Homes and Gardens Creative Cooking Library.

There are eight hard-cover recipe books from the editors of Better Homes and Gardens in this series. Each 60-page book has full-color pictures throughout with hundreds of recipes and ideas. The books regularly retail for $1.29 each. Choose any two, four or all eight books in this special offer—at savings up to $5.07 on the set of eight.

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Use the convenient coupon above for ordering.

Meals In



Is it obvious when you prepare a hurry-up dinner?

Has your family grown to expect a certain menu when you've had a busy day?

When you are only 30 minutes from hanging up your coat until the first forkful of dinner, does it show at the table?

Expand your short-cut cooking skills. Quick meals can be disguised. A new main dish or a showy dessert will bo anyone trying to ges how long you spent in th kitchen.

Really great meals ca today by using a combina tion of skip-a-step m e or prepared foods an storehouse of rec ideas.

If you have som in you're sharing your kc en secrets with, jiffy m ideas make cooking e sons a lot more fun fact, once your daugh son or husband try som these short-cut foods ideas it spectacular results, your s time in the kitchen may tur to even less time in the kitc

Stroganoff will add a tou distinction to your dinner, at can be prepared in 15 min

15-Minute Stroganoff

1 pound round steak, ¼ in thick
1 3-ounce can (⅔ cup broc sliced mushrooms, with liquid
1 envelope dry onion soup
1 cup dairy sour cream

Fast and festive dips with

Lipton
Onion Soup
AND FOR CALIFORNIA DIP



Put Lipton Onion Soup Mix together with sour cream and you get a beautiful ending: California Dip.

Or—a beautiful beginning!

Make California Dip crunchy with walnuts. Crumbly with Blue cheese. Crispy with vegetables. Color it with catsup and add pieces of shrimp. You can go on and on. Lipton's fresh-tasting onion flakes plus zesty seasonings bring out the best in whatever you mix it with.

California Dip with Lipton Onion Soup Mix.
For beautiful endings. Or...beautiful beginnings!

BLUE CHEESE CALIFORNIA DIP
2 cups Lipton California Dip:
Blend 1 envelope Lipton Onion Soup Mix with 1 pint dairy sour cream.
1 package (4 oz.) Blue cheese, crumbled

In medium bowl, blend Lipton California Dip with Blue cheese; chill. If desired, garnish with chopped walnuts. Makes about 2¼ cups dip.



Minutes

FAMILY FOOD IDEAS

2 tablespoons all-purpose flour

Trim fat from meat and reserve. Cut meat diagonally across grain in very thin strips. Heat fat in skillet till you have about 3 tablespoons melted fat (if necessary, add butter); remove trimmings. Brown meat.

Add ⅔ cup water and mushrooms. Stir in soup mix. Heat to boiling. Blend sour cream and flour. Add to hot mixture. Cook and stir till mixture thickens—sauce will be thin. Serve over noodles. Serves 5 or 6.

Something different, fixed in a hurry and based on a can of tuna . . . sound impossible? Try it.

Hurry Tuna Curry

Cook ⅓ cup chopped onion, ¼ cup chopped green pepper, and 1 clove garlic, minced, in 2 tablespoons butter or margarine till tender but not brown. Stir in 1 cup dairy sour cream, 1 teaspoon curry powder, ¼ teaspoon salt, and dash pepper.

Break one 6½, 7 or 9¼-ounce can tuna in bite-size pieces; add. Heat slowly, stirring often. Serve over rice. Serves 4.

Would you serve Hollandaise when you're hurrying to get a quick dinner together? Try 3-Minute Hollandaise to dress up a rushed meal.

3-Minute Hollandaise

¼ cup mayonnaise or salad dressing
¼ cup dairy sour cream
½ teaspoon prepared mustard
1 teaspoon lemon juice

Combine ingredients. Heat over low heat. Serve with broccoli. Makes ½ cup.

If you have a tendency to skip dessert plans when time is short . . . fight that tendency. Try a dessert that is quick to fix but different and special in appearance.

Mocha Dessert

1 3- or 3¼-ounce package vanilla pudding mix
1 teaspoon vanilla
1 teaspoon instant coffee powder
½ cup semisweet chocolate pieces
Flaked coconut

Cook pudding according to label directions and add vanilla. Divide in half. To one half, add the instant coffee and chocolate pieces; stir to dissolve.

Spoon the pudding into sherbets, alternating layers. Trim with coconut. Chill thoroughly. Makes 4 servings.

Keep mealtime on time and be proud of your cooking. These recipes are from the 180 short-cut recipes in the Better Homes and Gardens Creative Cooking Library book Meals in Minutes. The time you spend ordering it will be a great time-saving investment.

In addition to giving you some very worthwhile ideas for your food shopping and meal planning, the Family Food Ideas advertisers below and on the following pages make possible the special offer of the entire Better Homes and Gardens Creative Cooking Library.

Order right away for Christmas giving. An extra set of these idea-packed books will keep you supplied with handy gifts for any occasion.

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it Lipton® Onion Soup Mix.

RIMP CALIFORNIA DIP
ups Lipton California Dip:
Blend 1 envelope Lipton Onion Soup Mix with 1 pint dairy sour cream.
up finely chopped cooked shrimp
cup catsup

medium bowl, blend Lipton California p, shrimp and catsup; chill. Makes about cups dip.

VEGETABLE CALIFORNIA DIP
2 cups Lipton California Dip:
Blend 1 envelope Lipton Onion Soup Mix with 1 pint dairy sour cream.
1 small green pepper, chopped
1 medium tomato, chopped
2 teaspoons chili powder

In medium bowl, blend Lipton California Dip with green pepper, tomato, and chili powder; chill. Makes about 3 cups dip.



Sweeten up your holidays!



fudgie scotch ring

It's so easy and so good. Why not make several? They add a festive touch to family gatherings; a personal touch as a holiday gift. Start with Nestlé's® Semi-Sweet and Butterscotch Morsels and Borden Eagle® Brand Sweetened Condensed Milk. The rest is easy. Here's all you need:

- 1 6-oz. pkg. (1 cup) Nestlé's Semi-Sweet Chocolate Morsels
- 1 6-oz. pkg. (1 cup) Nestlé's Butterscotch Morsels
- 1 can Borden Eagle Brand Sweetened Condensed Milk (not evaporated milk)
- 1 cup coarsely chopped walnuts
- ½ teaspoon vanilla extract
- 1 cup walnut halves

1. MELT chocolate & butterscotch morsels with sweetened condensed milk in top of double boiler over hot (not boiling) water. Stir occasionally till morsels melt and mixture begins to thicken. Remove from heat; add chopped walnuts and vanilla. Blend well. Chill for about 1 hour till mixture thickens. Line bottom of 9″ pie pan with a 12″ square of foil. Place ¾ cup walnut halves in bottom of pan, forming a 2″ wide flat ring.

2. SPOON chocolate mixture in small mounds on top of nuts to form ring. Decorate with remaining nuts. Add maraschino cherries if desired.

3. CHILL in refrigerator until firm enough to slice. Cut into ½ inch slices.

Makes about 36 slices.





Win money for your recipes



Fresh Fruit Salads—Camping Main Dishes

Do you have an especially tasty combo for fresh fruit salad What's your secret for a camping main dish that's easy on th cook and a favorite of the family's? Send your recipe today fo either or both categories and you could be a prizewinner ne June. Two Cooks-of-the-Month receive $50 each. Four Run ners-up receive $25 each and 12 Honor Roll winners get $1 each. The selected winning recipes will be pictured on th Prize Tested Recipes pages next June. All 18 winners receiv a framed Better Homes and Gardens Certificate of Endorse ment and six copies of the endorsed recipe.

Hints to Help You

Fresh fruit salads can include any kind or combination of fresh fruit. Perhaps you use chopped or pureed fruit as part of a topping. Maybe you make a cold buffet platter or molded salad featuring fresh fruit. Don't forget to include any favorite dressings. Suggestions:

apricot-lime mold
pineapple-raspberry loaf
melon marvel plate
tangy-dressed cherry delight
frosty fruit ring

Camping dishes might sta from a can, fresh foods, or co venience products. Do you pr pare a main dish casserole home to cook on the grill camp stove? Maybe you u cheese and pasta or cured mea and vegetables. Remember bea are a classic favorite. Hints:

beefy vegetable outdoor stew
hobo tuna 'n rice
burger skillet medley
beans and ribs
meatball macaroni chili

THIS MONTH'S WINNERS

(See recipes on pages 121 and 122.)

Cooks-of-the-Month

Mrs. Marsha Riesenberg, Pomona, N. Y.
Mrs. Gerald E. Wilhite, Emporia, Kan.

Runners-up

Mrs. Marjorie Farrell, Orange, Mass.
Mrs. Ken Jernigan, Titusville, Fla.
Mrs. Amedeo C. Nazzaro, Newfoundland, N. J.
Mrs. J. Slemmons, Jackson, Mich.

Honor Roll

Mrs. James Biddle, Lima, Ohio
Mrs. Goldie Gabbard, Walton, Ky.
Mrs. John Gauer, Sioux Falls, S. D.
Mrs. Clarence W. Gunter, Warsaw, Ind.
Mrs. J. David Hines, St. Joseph, Mo.
Mrs. Mabel Hyjek, East Hampton, Conn.
Mrs. S. G. Lindsay, Bonaparte, Iowa
Mrs. James B. Payne, Coral Gables, Fla.
Mrs. Richard Philabaum, Phoenix, Arizona
Mrs. E. Graddick Stokes, Florence, S. C.
Mrs. John Wilkinson, Gypsum, Colo.
Mrs. Wallace C. Williams, Jr., Sharon, Mass.

CONTEST RULES

1. Write or type your recipe clearly on one side of the paper and ma it "June Fresh Fruit Salads" or "June Camping Main Dishes." If y wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in level cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you u as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you subm
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, November 30. In cas where duplicate recipes are submitted, the one with the earlie postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7211 Test Kitchen, Better Hom and Gardens, Des Moines, Iowa 50336.

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(Now there are three)



1. SPAM REGULAR. Like the original SPAM flavor? Don't worry. You still get the taste that made this America's favorite. Still handy as ever for breakfast, lunch, supper or snacktime.



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3. SPAM with CHEESE CHUNKS. Like the taste of a ham-and-cheese sandwich? Then try this. It's quicker, thriftier, too. You get SPAM's good juicy meat with little nuggets of cheese built in.

SPAM is a many-flavored thing!

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FINE FOOD PRODUCTS

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FAMILY FOOD IDEAS

Second-day turkey dishes



And Real Mayonnaise is the other name for Best Foods®.

It takes fresh, delicate Real Mayonnaise to dress up left-over turkey so many delicious ways. Heat it or chill it. Real Mayonnaise is so smooth and creamy, it holds up in everything from casseroles to sauces like these. And Real Mayonnaise means whole-egg Best Foods.

TURKEY CRUNCH CASSEROLE

Delicate Best Foods won't overpower even the mildest flavors.

- 3 cups diced cooked turkey
- 2 hard cooked eggs, chopped
- 1 can (4 oz) sliced mushrooms
- 3/4 cup diced celery
- 1/2 cup slivered blanched almonds
- 1 tablespoon chopped onion
- 1 can (10 1/2 oz) condensed cream of chicken soup
- 3/4 cup BEST FOODS Real Mayonnaise
- Chow mein noodles or crushed potato chips

Mix together first 6 ingredients. Stir soup into Real Mayonnaise; toss with turkey mixture. Turn into 2-quart casserole. Sprinkle with noodles. Bake in 350° F oven 30 minutes or until mixture is bubbling. Serves 6.



TURKEY CHEESE BALL

Best Foods helps keep this canape spread just-made fresh.

- 1 package (8 oz) cream cheese
- 1 cup finely chopped cooked turkey
- 3/4 cup finely chopped toasted almonds
- 1/3 cup BEST FOODS Real Mayonnaise
- 2 tablespoons chopped chutney
- 1 tablespoon curry powder
- 1/4 teaspoon salt
- Chopped parsley
- Assorted crackers

Mix together first 7 ingredients. Chill several hours; shape into ball. Roll in parsley. Serve with crackers. Makes 2 1/2 cups.

FAMILY FOOD IDEAS



TURKEY BURGERS

Best Foods won't separate even when heated in a recipe like this.

- 2 cups chopped cooked turkey
- 1 egg, slightly beaten
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/2 cup diced celery
- 1/4 cup fine dry flavored or plain bread crumbs
- 2 tablespoons finely chopped onion
- 2 tablespoons finely chopped blanched almonds (optional)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Bread crumbs
- 1 tablespoon Nucoa® margarine
- 3 English muffins, split and toasted
- Lettuce

Mix together first 9 ingredients. Chill. Shape into 6 patties; roll in bread crumbs. Melt margarine in skillet over medium heat. Cook about 10 minutes or until evenly browned. Serve on muffin halves with lettuce. Serves 6.

ne that start with Real Mayonnaise.



TANGY CREAMED TURKEY

Smooth-blending Best Foods makes this sauce extra creamy.

2 tablespoons Nucoa margarine
1/4 pound mushrooms, sliced (about 2 cups)
1/2 cup chopped onion
1/4 cup chopped green pepper
1 cup BEST FOODS Real Mayonnaise
1 cup plain yogurt
1/2 teaspoon salt
Dash pepper
1 1/2 cups chopped cooked turkey
1 cup cooked green peas
1 tablespoon chopped pimiento
Cooked saffron rice

t margarine in skillet over medium heat. Add mushrooms, onion and green pepper; te until tender. Mix together next 4 ingredients; add to sauteed vegetables. Stir in ey, peas and pimiento. Heat over low heat until thoroughly heated. Serve with rice. ves 4.



TURKEY LOAF

Whole-egg Best Foods helps this loaf stay in shape.

6 cups finely chopped turkey
1/2 cup fine dry bread crumbs
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 cup chili sauce
1 cup BEST FOODS Real Mayonnaise
1 teaspoon salt
1/8 teaspoon pepper

Combine all ingredients. Turn into greased 9 x 5 x 3-inch loaf pan. Bake in 350°F oven 30 minutes or until lightly browned. Serve with sauce, if desired. Serves 8.



TURKEY DIVAN

Versatile Best Foods makes a creamy sauce in just one step.

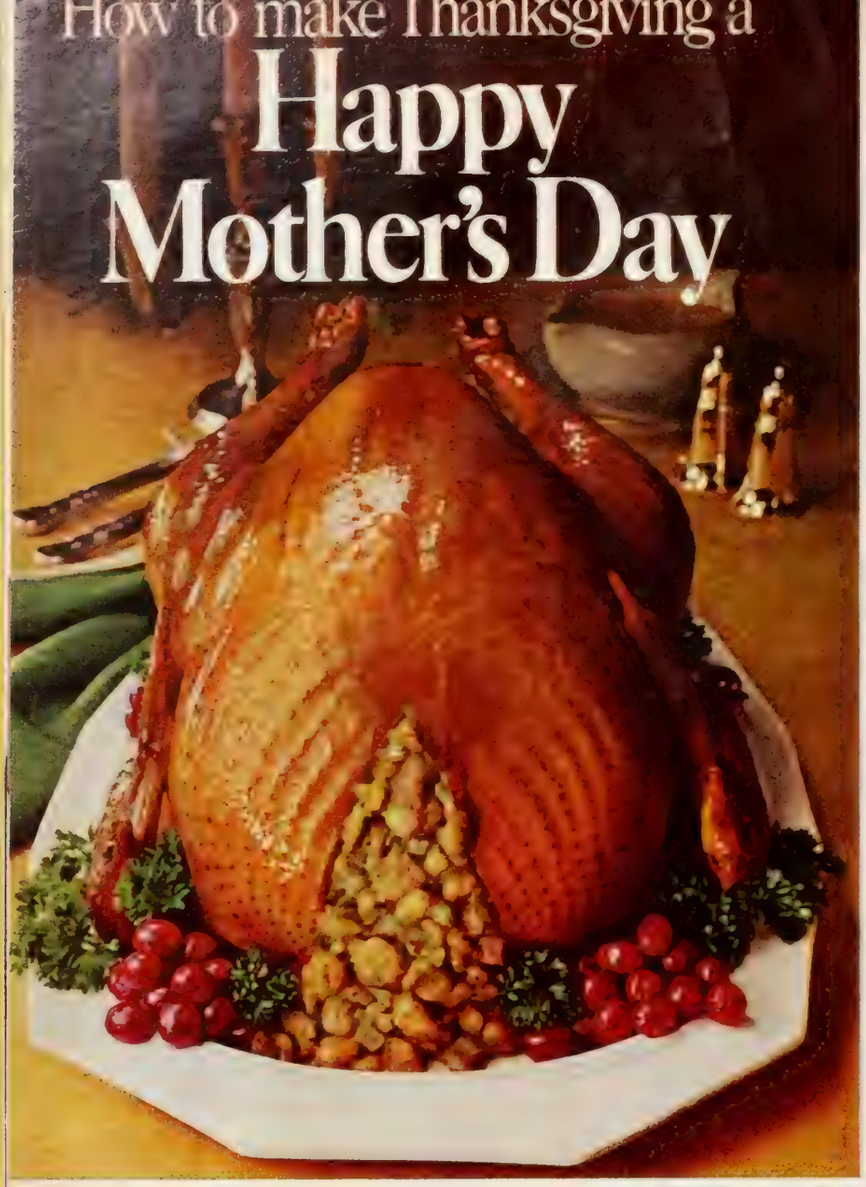
1/4 cup milk
1/2 cup BEST FOODS Real Mayonnaise
1/2 cup finely shredded Cheddar or grated Parmesan cheese
Cooked turkey slices
1 package (10 oz) frozen broccoli spears, cooked and drained
4 slices toast

Gradually stir milk into Real Mayonnaise in saucepan. Heat over low heat just until hot. Stir in cheese until melted. Arrange turkey and broccoli on toast. Spoon on cheese sauce. Serves 4.

BRING OUT THE BEST FOODS AND BRING OUT THE BEST.

Best Foods, a Division of CPC International Inc. CPC





This Thanksgiving enjoy less fuss in the kitchen and more fun with your family.

Make a marvelous stuffing with Kellogg's Croutettes. No endless chopping, mincing, dicing. With Kellogg's® Croutettes® Stuffing Herb Seasoned Croutons, all you do is add liquids. These delicious croutons are oven-toasted with eight savory seasonings baked right in, so you get all those wonderful old-fashioned aromas and flavors with none of the work.

Roast a beautiful bird under a "tent" of Reynolds Wrap. No constant watching or basting. Your turkey roasts to a luscious golden-brown, and the Reynolds Wrap "tent" keeps the bird moist and tender. And for easy clean-up, first line your roasting pan with strong, tear-resistant, Heavy Duty Reynolds Wrap. It's oven-tempered for flexible strength.

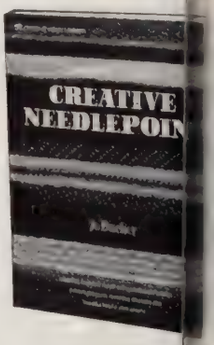


Look for easy turkey recipe on packages of Kellogg's Croutettes Stuffing and Heavy Duty Reynolds Wrap.

New Ideas

COMPLETE GUIDE TO CREATIVE NEEDLEPOINT
By Jo Bucher

This new book from Creative Home Library, published in as sociation with Better Homes and Gardens, contains a tre of 217 needlepoint stitches, each fully explained with eas to-follow drawings and photos. Special techniques are discus sed in detail, including blocking, two-size canvas techniq appliquéing spot designs and monograms and making decorative cording, tassels and pompoms. In addition, you get complete finishing and mounting instructions for scores of projects, from framed pictures to chair seats to neckties. A book for the beginner as well as the accomplished needlepointer . . . just $8.95 at your booksellers' now.



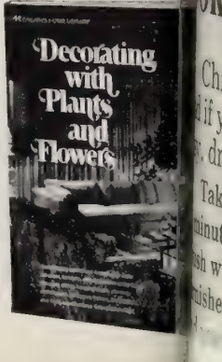
CHRISTMAS IDEAS/1972



The 1972 version of this popular de Publication from Better Homes and Gar dens is back again with hundreds of es tive make-it-yourself Christmas proj Among them, a collection of fifteen ar tas in all shapes and sizes; trees an ornaments; gumball bells; lemon tr whimsical party favors; wreaths; ar ners; trim for doors, walls and man homemade gifts; package wraps; table decorations; plus a tion on festive foods including cookies, breads, salads, sn and desserts. Many of the project ideas are simple enoug your youngsters, so the whole family can join in. Just $ at your newsstand now.

DECORATING WITH PLANTS AND FLOWERS

Properly handled, plants and flowers are one of the mos pressive, yet least expensive decorating tools you can With 106 color photos and text by the editors of Better Ho and Gardens, this new book contains hundreds of prac ideas for using plants and flowers in any decorating sch from Traditional to Country to Contemporary . . . and in e room of your home. Other topics include: house trees massive groupings; dried arrangements and reproductions; flowers and small plants as room accents; plant stands, containers and terrariums; plus special sections on the most popular houseplants, potting and re-potting, vacation care and keeping plants alive. From Creative Home Library . . . available at just $4.95 wherever books are sold.





'or people who can't leave well enough alone, ook what you can do with a Banquet® Chicken Pie.

Chicken pie. Banquet makes it good and Banquet makes it fast. nd if you want it fancy, Banquet will even help out there with this sy, dress-for-dinner recipe:

Take one Banquet Chicken Pie from your freezer. Score crust, bake minutes. Add bay leaf and peppercorn pieces, heat another 15 minutes. ush with orange glaze, heat additional 10 minutes. Serve with onion- rnished asparagus and fresh fruit. Banquet. When you start with great od you end with a great meal.

nquet Foods Corporation, St. Louis, Missouri 63101

FAMILY FOOD IDEAS



Bounty of fall foods

Continued from page 141

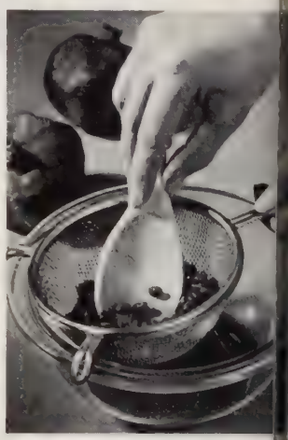
In mixing bowl, combine all ingredients, stirring till sugar dissolves. Pour mixture into refrigerator tray; freeze till nearly firm. Break into chunks; turn into chilled mixer bowl. Using electric mixer, beat till fluffy with chilled beaters. Turn into 6-cup chilled mold. Freeze firm. Let stand at room temperature 10 to 15 minutes before serving. Makes 8 to 10 servings.

SAUCY POMEGRANATE-TOPPED CUSTARD

Serve this sauce on all your favorite ice creams and fruit,

2 cups pomegranate seeds (2 medium pomegranates)
1 cup water
2 tablespoons sugar
2 teaspoons cornstarch
1 recipe Floating Island Cus

In saucepan, combine seed water. Cover and simmer minutes; sieve. (You may



to press seeds with hands a sides of sieve to remo liquid.) Add water to pom ate juice, if necessary, to 1 cup liquid. In saucepan bine sugar and cornstarc in pomegranate liquid. Co stir over medium heat til ture thickens and bubbles. Serve over *Floating Islan tard.* Makes 1 cup sauc make *Floating Island C* Beat 2 egg whites with da till soft peaks form. Gra add ¼ cup sugar, beati stiff peaks form. In skille 3 cups milk to simmering meringue onto milk mounds. Cook slowly, ered, till set, about 5 m Lift meringues from mi serve milk for custard); d paper toweling.

Beat 3 eggs and 2 egg slightly; add ½ cup sug dash salt. Stir in 3 cups cooled milk (from me plus extra). Cook over *h boiling water,* stirring con till mixture coats a metal Remove from heat; cool c Stir in 1½ teaspoons Pour custard in dish; to meringues. Pour pome sauce over all. Makes 6 se

CHEESECAKE SURPRISE

Pears are the fruit surpris hidden inside—

⅔ cup sifted all-purpose f
2 tablespoons granulated
¼ teaspoon salt
6 tablespoons butter or m
1 beaten egg yolk
2 8-ounce packages crea cheese
⅔ cup granulated sugar
1 tablespoon all-purpose f
1 teaspoon vanilla
4 eggs
1 egg white
2 cups pared and diced fr pears (2 medium pears)

FAMILY FOOD IDEAS



Innocent pineapple.

Innocent of added sugar.
Only the best part
of the pineapple.
Packed in its own juice.

fudge topping
dairy sour cream
powdered sugar
spoon vanilla

epare crust: Sift together cup flour, the 2 table- granulated sugar, and the ut in butter or margarine umbly; stir in egg yolk, ng well. Press evenly onto of 9-inch springform ake in 350° oven for 18 s; cool. Reduce the oven ature to 325°.

prepare filling: In large bowl, beat together cream the ⅔ cup granulated and the 1 tablespoon flour amy. Add the 1 teaspoon Beat in the eggs and the ite till well-blended. Stir d pears. Turn into cooled Bake in 325° oven about and 10 minutes or till inserted just off-center out clean. Carefully fudge topping over baked



Combine sour cream, d sugar, and the remain- la; mix well. Swirl sour nixture into chocolate. o oven; bake 5 minutes Chill several hours or t. Garnish with fresh es, if desired.

R-TOPPED POACHED

t with topping; don't

ht molasses
gar
er
oons lemon juice
on ground cinnamon
on ground nutmeg
nd cloves
nd ginger
king apples, pared
ed
heddar Whip

n skillet, combine the sugar, water, lemon spices; bring to boil- ice heat; add apples. simmer 10 to 15 min- ning syrup over apples ly. Turn apples over er, uncovered, for 5 tes more or till tender, syrup over apples fre- erve hot with *Cheddar* mall mixer bowl, com-



bine one 3-ounce package cream cheese, softened, ½ cup (2 ounces) shredded natural cheddar cheese, and 2 tablespoons milk; beat till smooth. Fill centers of apples with cheese mixture. Makes 6 servings.

BRANDIED KUMQUATS

Use this as a relish, too—

4 cups fresh kumquats
1½ cups sugar
½ cup brandy

Quarter the kumquats, removing seeds, if desired. In medium saucepan, combine kumquats and sugar; bring to boiling. Reduce heat; cover and simmer 20 to 25 minutes or till kumquats are tender. Cool slightly; stir in brandy. Cover and store in refrigerator. Makes about 3 cups.



There is a world of ways to go Dole® bananas.

Every time we develop new recipes using our delicious Dole banana, they seem to be the best yet.

And that's what we think Patricia Collier, home economist here at Dole, has come up with this time. The three best recipes we've ever offered.



DOLE DANISH DELIGHT

1 package Pillsbury refrigerated Butterflake Dinner Rolls
1½ tablespoons butter, melted
⅓ cup pineapple-apricot preserves
2 large firm ripe Dole bananas, sliced
1 tablespoon sliced almonds
4 Maraschino cherries, halved

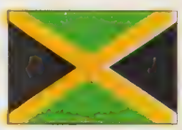
Press dinner rolls into bottom of a lightly buttered 10-inch pie plate. Melt butter, stir in preserves until blended. Slice bananas into butter mixture tossing to coat well. Spoon over dinner rolls. Sprinkle with almonds and cherries. Bake in a preheated 375° F. oven 20 to 25 minutes until golden. Serve warm. Makes 6 servings.



ENGLISH BREAKFAST TREAT

3 English muffins
½ cup orange marmalade
¼ cup butter, melted
1 large firm ripe Dole banana

Split English muffins, toast lightly under broiler. Blend marmalade and butter. Slice banana; fold into butter mixture. Spoon onto muffins; return to broiler 1 to 2 minutes until bubbly. Serve at once. Makes 6 servings.



JAMAICAN POUND CAKE

1 large ripe Dole banana
2 eggs
¼ cup dark Jamaica rum
1 package (17 oz.) pound cake mix
½ cup dairy sour cream
⅛ teaspoon nutmeg
3 tablespoons sliced almonds for pan coat

Mash banana to make ½ cup. Blend with eggs and rum. Beat into pound cake mix until smooth. Beat in sour cream and nutmeg. Butter a 9 x 5 x 3-inch loaf cake pan; sprinkle with almonds. Pour cake batter into pan. Bake in a preheated 325°F. oven 70 to 75 minutes until done. Place on wire rack to cool 10 minutes before removing from pan. Cool thoroughly before cutting. Makes 1 loaf cake.

Serve these three new recipes to your family soon. And in the meantime, Patricia will be developing new ways for your family to enjoy Dole bananas. We never know what in the world she'll finally come up with. But we know you'll go bananas over it.

Dole® BANANAS

Recipes developed by Patricia Collier at the Dole Kitchens in San Francisco, California, U.S.A. Dole® T.M. of Castle & Cooke, Inc.

Linen closet organizers

To cure closet clutter, put kitchen storage units to work. They can expand the space in surprising new ways.

In picture at top right, look what a pan rack is holding—towel after towel after towel. You can pick out the one you want without disturbing the rest. Under-shelf space is put to work with a platter rack that holds a wicker tray. Stacking shelves extend across the shelf, allowing still more towels to share the shelf with the family games. On the bottom shelf, revolving plas-



tic canister bins hold soa
ton balls, bath salts.
pullout drawers hold co
and cleaning supplies.

In the picture below,
shelves can divide u
towels, preventing stac
kles. Handy labeled



bins hold fresh sheets a
for each youngster. A
towel rack keeps iron
linens free of horizon
and creases, and a se
wastebasket accepts soi
dry. Use one basket fo
clothes, another for w



Even door space is p
At the top, a plasti
sack holder holds a
towel set. (One of the
would be great for
room door.) A tier of r
extra supplies to save
ute shopping trips. A
there's a holder for
bound shirts and line

essure can inters

venience-seekers are usu- tton-pushers, and what's than the button on an can? It's the ultimate in p convenience for about ried contents under pres- erosol cans don't spill or d their contents don't dry ll wonder that most fam- e nearly 50 cans a year. ever, certain everyday re- ilities go along with these cated helpers:

as directed for your own Before you use any aero- read the directions. Of- nufacturers print them in lag your attention.

can at suggested dis- d suggested angle. These en carefully tested by the cturer for best results.

sure you ascertain *di-* of spray before you push on; a face-full of certain such as insect killers, e damaging. If directions an say to use only in a d room, open a window. some contents are flam- don't smoke while using y.

place the can on a very ace or store near heat in the sun, near reg- radiators, or furnace. ans can explode.

's keep cans that contain oducts separate from product containers, and practice of identifying a n before using it. Don't e color of the can. Read

t let children play with erosol cans. At least 150 and young people have he last three years as a inhaling contents of ns. Sometimes the in- accidental—sometimes al. What may start out ng" can end in sudden can be caused by freez- e larynx, heart arrest, ion, or anoxia, the k of oxygen. Death ithout warning and it pen the first time a 's contents are inhaled, h.

free pamphlet of infor- rite the Aerosol Edu- ureau, 300 East 44th ew York, New York

e of the can according tions. Do not puncture, ss in fire—propellants sive. Do not put into pactor unless you are nts are nontoxic, such spread. Your safest nethod is putting the can, emptied of all contents and gas, into the non-burnable trash for garbage pickup. If you live in an apartment, check with the manager about putting aerosol cans in with trash.

4. Consider the alternatives. Many liquids which come in aerosol cans are also available in manual spray form, or liquid or cream. It's a good idea to read the "net contents" figures and see exactly how much convenience costs.

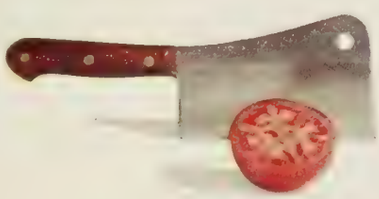
Aerosol spray cans are so perfected that their performance is generally good—and they're factory-tested for leakage and heat-resistance. But if you do purchase an aerosol product that doesn't function properly—even though you followed the directions to the letter—return the can to the store. ■



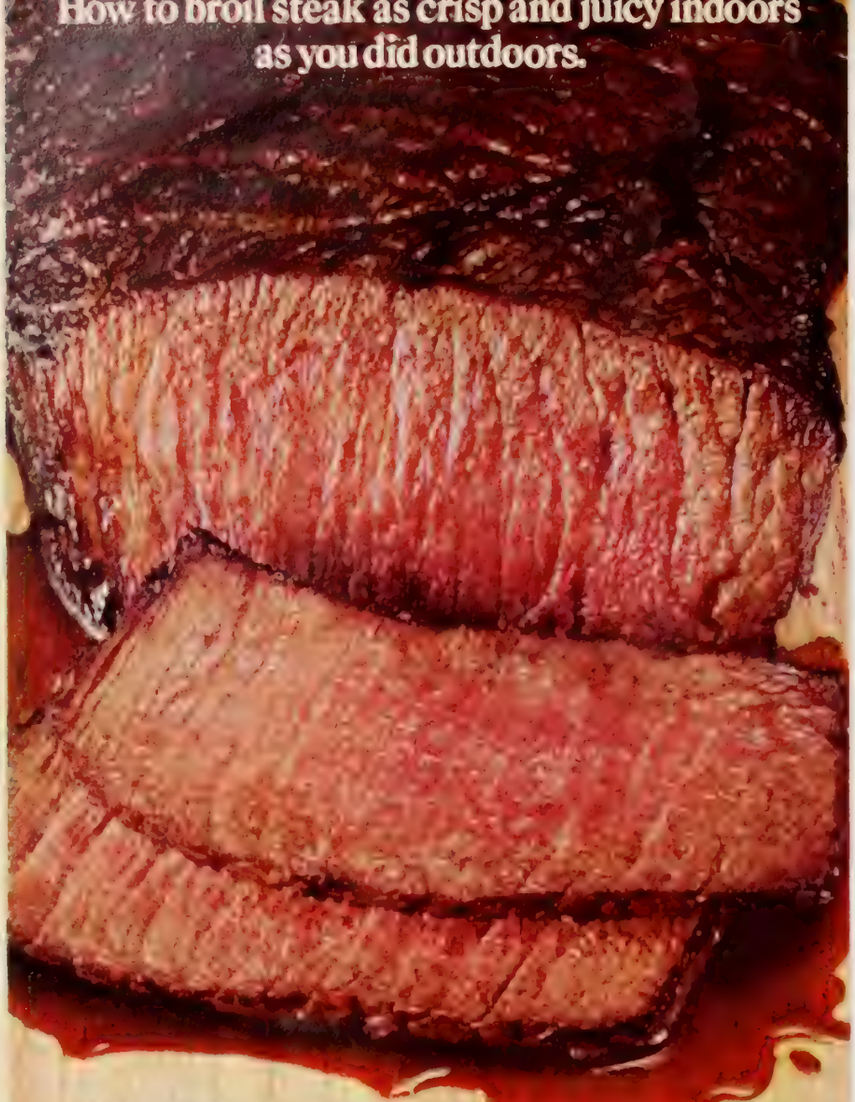
7 Sauces for 7 Pastas

Hunt's 7 sauces can help you make anything many things.





Only Hunt's has seven different flavored sauces to help you create dozens of inexpensive, family-pleasing meals. Half the recipe is in the can. The rest is up to you. Try Hunt's Tomato Sauce with Cheese for your next spaghetti dinner or see how Hunt's Sauce Special adds new zest to your Lasagne. For a free Hunt's Sauce recipe booklet, write to: Hunt-Wesson Kitchens, Box 1009, Fullerton, Calif. 92634. All seven sauces are perfectly blended and seasoned, all rich because Hunt's removes most of the skin and seeds so that you get only the ripe, firm, juicy "meat of the tomato."



Remember how good those barbecued steaks tasted last summer? Remember how you helped get them that way?

You brushed them with Kitchen Bouquet before you put them on the barbecue. You can get the same crispy brown, juicy results now...in your oven-broiler.

Just brush on Kitchen Bouquet before you broil. Its special blend with delicate herbs and spices will help give your steak a thin, crisp crust outside while it helps seal in the good meat juices inside. Just like it did on the barbecue.

So get it out of winter storage. And don't forget the sides of meat when you're brushing. Precious juices can leak out there, too.

If you're broiling hamburgers, fish or poultry, brush them, too. And for other quick tips and imaginative recipes for better eating...from main dishes to marinades, send for the free 32-page recipe booklet.



Kitchen Bouquet, Dept. BH112
P.O. Box 88, Lancaster, Penna. 17604
Enclosed is my box top from Kitchen Bouquet.
Please send me free 32-page recipe book.

Name_____

Address_____

City_____

State_____ Zip_____

KITCHEN BOUQUET

FAMILY FOOD IDEAS

Pumpkin pie plus

What could be better than classic pumpkin pie? These three new variations! The first is a light and fluffy chiffon pie featuring a spiced whipped cream filling. The second may look like an old favorite, but it has a flavor secret—apple butter. The third is a pecan-studded marvel with cream cheese atop.



LAYERED PUMPKIN CHIFFON PIE

This luscious pie goes into the refrigerator instead of the ov

1½ cups gingersnap crumbs
4 tablespoons butter or margarine, melted
1 envelope (1 tablespoon) unflavored gelatin
⅓ cup granulated sugar
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground allspice
¼ teaspoon ground ginger
¼ teaspoon ground nutmeg
½ cup milk
3 egg yolks
1 cup canned or mashed cooked pumpkin
3 egg whites
¼ cup granulated sugar

• • •

1 cup whipping cream
¼ cup sifted confectione sugar
½ teaspoon vanilla
¼ teaspoon ground cinna

Combine crumbs and melted butter or margarine; press at 9-inch buttered pie plate. Bake in 375° oven for 8 min cool. In saucepan, combine gelatin, the ⅓ cup sugar, the the ½ teaspoon cinnamon, the allspice, ginger, and nut Stir in milk, egg yolks, and pumpkin. Cook and stir over me heat till mixture boils and gelatin dissolves. Remove from and chill till partially set. Beat egg whites till soft peaks Gradually add the remaining granulated sugar and beat to peaks. Fold into pumpkin mixture; pile half the mixture cooled crust. Combine whipping cream, the confectioners' s the vanilla, and remaining cinnamon; refrigerate half the ture. Whip remaining half and spread over pumpkin mix Carefully top with remaining pumpkin; chill till firm. To s whip reserved whipping cream mixture; pass with pie.



PLE BUTTER PUMPKIN PIE

p each serving with a spoonful of softened vanilla ice cream—

up canned or mashed cooked pumpkin
up apple butter
cup brown sugar
teaspoon salt
teaspoon ground cinnamon
3 slightly beaten eggs
1 6-ounce can (⅔ cup) evaporated milk
⅓ cup milk
1 9-inch unbaked pastry shell

broughly combine pumpkin, apple butter, brown sugar, salt, l cinnamon. Blend in eggs, evaporated milk, and milk. Turn unbaked pastry shell. Bake in 400° oven for 45 to 50 utes or till knife inserted just off-center comes out clean. ol.



ESE-TOPPED PUMPKIN PIE

pkin pie and cheesecake all in one—

cups canned or mashed oked pumpkin
ip sugar
spoon pumpkin pie spice
aspoon salt
aspoon ground ginger
htly beaten eggs
cups milk
spoon vanilla
1 9-inch unbaked pastry shell with edges fluted high

• • •

1 8-ounce package cream cheese, softened
¼ cup sugar
1 teaspoon vanilla
Dash salt
2 eggs

oughly combine pumpkin, the ¾ cup sugar, the pumpkin pice, the ½ teaspoon salt, and the ginger. Blend in the eggs, the milk, and the first 1 teaspoon vanilla. Pour into ced pastry shell. In mixer bowl, combine cream cheese, ¼ cup sugar, the remaining vanilla, and salt. Beat in re- ng eggs, one at a time. Pour evenly over pumpkin mixture stry shell. Bake in 400° oven for 35 to 40 minutes or till inserted just off-center comes out clean. Chill. Garnish ecan halves.

An oriental guide to turkey and chicken.



Even leftover turkey or chicken can be made exotic. In a few minutes, it can be whipped up into a tender-crisp, sublimely tasty oriental dish.

In our U.S. version, we've taken a tip from the Chinese. We've fine-cut everything but the mushrooms. We use whole crowns. So their delicate flavor will shine through.

They're full of flavor. B in B Mushrooms are the choice brown variety...already broiled in butter...and packed in their own buttery broth. (Most mushrooms are just packed in throw-away brine.) And you have the choice of 3 varieties: whole crowns, sliced, and chopped.

Vegetables Oriental with turkey or chicken.

1/2 cup thinly sliced onion
2 tablespoons vegetable oil
2 cups diagonally sliced celery
1 cup peas, uncooked
2 cans (3 oz.) B in B Mushroom Crowns with broth
1-1/3 cups chicken broth
3 tablespoons cornstarch
1 teaspoon salt
1 teaspoon Kitchen Bouquet
1/2 teaspoon ginger
1/2 lb. sliced cooked turkey or chicken



In large skillet, cook onion in oil until transparent. Stir in celery and cook one minute. Stir in peas, cover and cook about 4 minutes—vegetables should be tender-crisp. Combine broth from 1 can of mushrooms, chicken broth, cornstarch, salt, Kitchen Bouquet and ginger. Add liquid to skillet and cook, stirring constantly until sauce thickens. Stir in mushrooms. Arrange poultry slices over vegetables. Cover and cook over moderate heat until meat is hot, about 5 minutes. Serve with rice. 4 servings.

B in B MUSHROOMS

Free Recipe Booklet. 32 pages of mushroom magic. For your copy, send label from any B in B Mushroom can with your name and address to B in B Mushrooms, Dept. BH112 P.O. Box 88, Lancaster, Penna. 17604.

FAMILY FOOD IDEAS

Nut butters

All you need to make your own nut butter is an electric blender and some roasted or unroasted shelled nuts.

For peanut butter, start with salted Spanish peanuts in the blender container (discard the red skins). Cover the container and blend on low speed till finely chopped, then on high speed till smooth. You'll want to stop the blender occasionally to scrape the puree from the container sides. Store, covered, in the refrigerator till used. If oil rises to the surface, stir in before serving.

Once you've mastered peanut butter, experiment a little with other nuts. Add some cooking oil, if you wish, to make he ture more spreadable. T cashew butters make spreads for breads and or stuffers for crisp cele



Photo

CASHEW-HONEY BUTTE

Stir in crisp-cooked bacon for extra flavor—

1 cup roasted cashews
2 tablespoons cooking oi
1 tablespoon honey

Place cashews in blen tainer. Cover and blen speed till finely chopp on medium-high till stop often and scrape pu sides of container. Ad oil honey; blend till smoot ¾ cup nut butter.



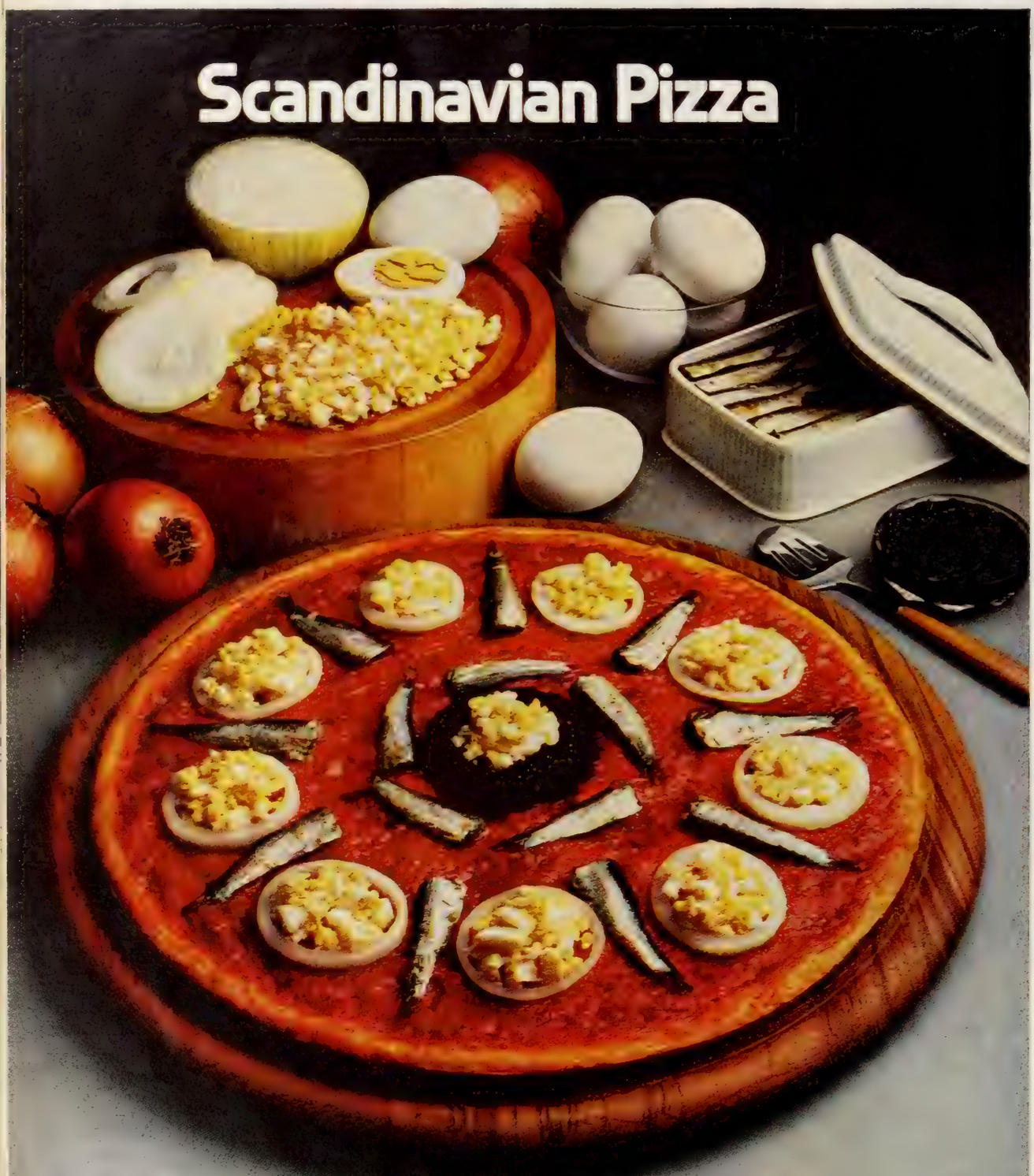
ENERGY BUTTER

Next time, add two ta honey in place of raisin—

½ cup unroasted cashe
¼ cup sesame seed
¼ cup shelled sunflowe
3 tablespoons cooking c
¼ teaspoon salt
⅓ cup chopped raisins

In blender container, the cashews, sesame sunflower seeds. Co blend on low speed chopped; then on me speed till pureed smo crunchier butter is blend at medium-hi only till desired smoothness is reache often and scrape pu sides of container. Ad oil and salt, and smooth. If desired, st sins. Makes ⅔ cup

Scandinavian Pizza



No one has to tell you how great pizza tastes. Especially when you make it with Chef Boy-ar-dee,® the world's most popular pizza mix.

Just thinking about the freshly baked dough, the rich pizza sauce and tangy cheese is enough to make anyone hungry. And you can vary Chef Boy-ar-dee Cheese Pizza Mix in so many ways. Just make it according to directions and in the last five minutes of baking vary the toppings.

You can make Scandinavian Pizza with sardines, slices of raw onion and chopped hard boiled egg (caviar is optional).

Jamaican Pizza: Top it with slices of crisp bacon, green pepper and onion rings (sauteed in bacon fat), canned kidney beans and some cooked sliced okra.



Polish Pizza: Add 1 to 1½ tablespoons sour cream and ½ teaspoon horseradish to the pizza sauce and top in the last five minutes of baking with sliced cooked kilbassi sausage, sliced canned mushrooms and shredded cabbage (sauteed lightly in butter).

Chef Boy-ar-dee. The world's most popular pizza mix.

FAMILY FOOD IDEAS

ples from oven



Photographs: Dieter

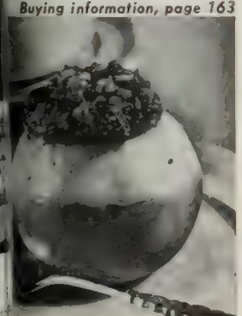
APPLES IN WINE

ves special flavor to a fruit dessert—

aking apples
acked brown sugar
on ground nutmeg
ns butter or margarine
é
iry sour cream

les; pare strip from top Place apples in 8x8x2- ing dish. Stir together ugar and ground nut- on into apple centers. with 1 teaspoon of the margarine; pour wine ng dish. Bake, uncov- 350° oven for 1 hour, with wine occasionally. rm. If desired, top each llop of sour cream and with additional ground Makes 4 servings.

Buying information, page 163



T-FILLED APPLES

holiday desserts—

cing apples
ared brandied
at
r
ns slivered almonds,
ns brandy
n whipped dessert
thawed

es; pare strip from h. Place in 11x7½x aking dish; fill each emeat. Pour water dish around apples. vered, in 350° oven 50 minutes. Stir nuts into topping; spoon warm apple to serve. rvings.



CRAB APPLE-PEACH DUMPLINGS

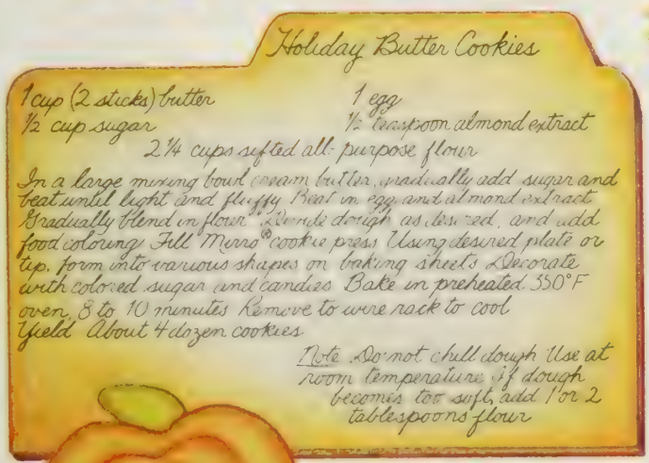
6 frozen patty shells, thawed
6 canned peach halves
6 spiced crab apples, cored and halved
1 3-ounce package cream cheese, softened and cut in 6 sticks
1 cup maple-flavored syrup

Roll out each shell to 6-inch circle. Top with a peach half, 2 apple halves, and a cheese stick. Moisten edges of dough; fold to center forming triangle; seal. Bake at 400° for 20 to 25 minutes. Serve with syrup. Makes 6.

Decorate your holidays with real butter cookies.

Make your own special holiday cookies with that rich flavor only real butter can give them. Butter cookies are family favorites. And they make great gifts.



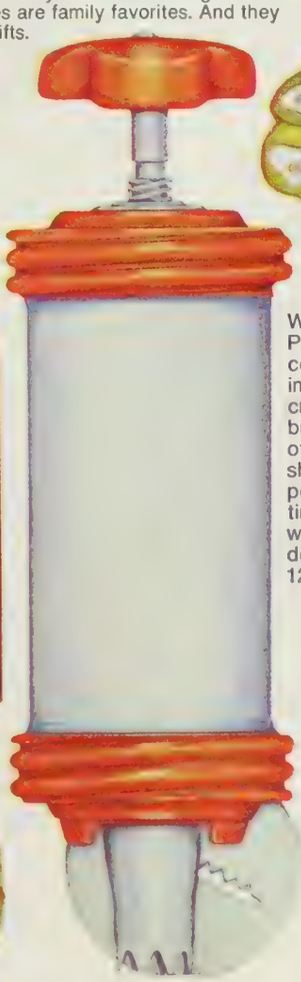


Holiday Butter Cookies

1 cup (2 sticks) butter
½ cup sugar
1 egg
½ teaspoon almond extract
2¼ cups sifted all-purpose flour

In a large mixing bowl cream butter, gradually add sugar and beat until light and fluffy. Beat in egg and almond extract. Gradually blend in flour. Divide dough as desired, and add food coloring. Fill Mirro® cookie press. Using desired plate or tip, form into various shapes on baking sheets. Decorate with colored sugar and candies. Bake in preheated 350°F oven, 8 to 10 minutes. Remove to wire rack to cool. Yield: About 4 dozen cookies.

Note: Do not chill dough. Use at room temperature. If dough becomes too soft, add 1 or 2 tablespoons flour.



With the Mirro Cookie Press, all you need is some cookie dough and your imagination. It lets you create your own delicious butter cookies in hundreds of different sizes and shapes. And they're perfectly formed every time. Comes ready to use with 12 cookie-plate designs, 3 pastry tips and 12-page recipe booklet.





You buy the butter and we'll save you money on the cookie press.

Special Offer! Now you can get this 16-piece Mirro Cookie Press, a $3.49 value, for only $1.50 and the end flap from a carton of your favorite brand of butter.

FAMILY FOOD IDEAS



Special offer! New Mirro Cookie Press. Only $1.50 ($3.49 Value).

Send to: Mirro Cookie Press
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Manitowoc, Wisconsin 54220

Send me___Mirro Cookie Press (es). I'm enclosing an end flap from a carton of my favorite brand of butter, plus $1.50 for each press.

Send check or money order payable to Mirro Cookie Press.

Name_____

Address_____

City_____ State_____ Zip_____

Offer expires April 30, 1973. Please allow 3-5 weeks for delivery. Void where prohibited by law.

american dairy association®



Gerber® strained foods...to give your baby a good solid start on good nutrition.

Strained foods give your baby the opportunity to experience a variety of new textures and tastes.

When your baby is ready to start on solids, use the simple foods made from a single fruit, grain, vegetable or meat. Happily, Gerber offers a wide selection, so you can gradually add new strained foods to balance your baby's diet and help him develop his tastes.

Should he not take to a particular food, there's always another Gerber variety to replace it.

Introducing your baby to solid foods takes a little patience and loving. And with Gerber to help, you know your baby is getting a good, solid start on good nutrition.

Babies are our business...
Gerber Products Co., Fremont, Mich. 49412.



FAMILY FOOD IDEAS

More lun box ideas

Styles in lunch boxes changed, but not the of how to pack them w and nutrition. Here a tips to make your job

- Have the necessary equipment on hand. S dividual serving-sized with snap-on or screw- will carry and protect of foods. A wide-mou uum bottle is handy a able to hot and cold li are available at nom
- Surprise your child sandwiches cut in shapes. Use a cookie your imagination. K the odd-shaped scraps the sandwich.
- For vegetable var zucchini sticks and che toes to the usual carro and radishes.
- Dress up that lunchti peanut butter, with a spoons of orange juic crisp-crumbled bacon banana, or honey.
- Use different kinds for sandwiches, or t them on bagels or bu
- For a good-tasting n er, pack individual s pudding, tuna salad, fruit in plastic conta
- Casseroles, thick hearty stews stay hot mouthed vacuum bot forget to add a lon iced tea spoon or so
- Cookies made w fruits, peanut butter, grains add extra vita energy to your child
- Why not store a n in the vacuum bottle?
- Alternate cheese cubes on wooden pick the sandwich syndron
- If you're helping control his weight, s lettuce leaf for bread ing sandwiches; roll of layering.
- To make hard-co more appealing to decorate them any tim
- Make sandwiches f of leftover chicken, turkey; freeze, then p in the lunch box. S will be thawed and re at lunchtime.
- Enliven the lunch b side-out sandwiches "fingers" of bread wr thin slices of ham or
- Slice and spread Fr with oregano-flavore Fill with layered slic salami and cheese.
- Use crackers instea occasionally. They're cheese or peanut butte
- Tuck in a love note

NEXT MONTH

50 YEARS OF GREAT CHRISTMAS RECIPES—Join us in a joyous game of "Remember when." Our Christmas issue is always special—but this year, it's even more so because it marks our 50th anniversary. For five decades, Better Homes and Gardens has been dreaming up delectable recipes for the Yuletide table. This year, we've rounded up some of the best Christmas recipes we've ever published, for you to fix for your family and friends this year, and many years to come.

You've changed a lot of your old thinking.
Take cooking. You don't feel guilty when you
don't make everything from scratch.
But, when you can serve things that taste
like you did, so much the better.

It's a good day for Stouffer's.



Crab Newburg.
Lobster Newburg. Shrimp Newburg.
Three of 35 Stouffer's Frozen Prepared Foods.



Stouffer's

© 1972, Stouffer Foods Division of Litton Industries

FAMILY FOOD IDEAS



"MANWICH-the secret ingredient in my best homemade Sloppy Joe."



Manwich-Homemade taste without homemade time.

FAMILY FOOD IDEAS

Free Manwich Cookbook Offer. Send 15¢ to cover mailing and handling costs to: 50 Famous Manwich Recipes, Hunt-Wesson Foods, Inc., P.O. Box 1010, Fullerton, California 92634.

Tips on sewing machine care

You can eliminate over 80 percent of costly service calls for your machine simply by observing a few basic maintenance rules. The most important ones are dust and lint removal and oiling and lubricating the machine. But before you do anything, read your instruction book carefully.

The tools needed are a soft cleaning cloth, lint brush, and sewing machine oil and lubricant. Always use oil and lubricant distributed by the machine's manufacturer. Other household oils are too heavy for a machine and leave a wax-like deposit on the moving parts that can clog up the works.

If you normally use your sewing machine two or three times a week, remove lint and fluff from exposed parts with a lint brush every week or so. Clean around the feed dog, under the throat plate and side plate, then around the sewing hook or shuttle. (If your machine has a removable bobbin case, remove the case first.)

Using a soft cloth, clean the take-up lever, thread guides, and bobbin case. Pass the cloth between the tension discs, being careful not to catch the take-up spring. You can dampen the cloth, if necessary, to clean the machine surface, but do not use a household detergent.

When you finish cleaning, apply a drop or two of sewing machine oil to the motion parts under the throat and side plates. Check your instruction book for the exact oiling points. Never drench the machine. You can't over-oil a sewing machine, but excess oil can drip and stain a garment you're sewing. After oiling the machine, sew a few lines of stitching on a scrap of fabric to allow the oil to work into the moving parts and also to remove any excess.

Every few months, clean and oil the area behind the face plate. Remove lint first and then turn the hand wheel slowly. You'll see where one metal part moves against another. These are places you should oil.

If you use your machine continuously, clean and oil it daily. If you keep it in a very warm or damp place, you'll find it necessary to oil and lubricate more than once a week when it's being used often.

Many sewing machines have sealed motors which require no lubrication. Others are equipped with enclosed motors and grease cups or tubes which require a motor lubricant. Fill grease cups once a year and tubes every six months. Only a few sewing machine motors will tolerate oil so don't use it unless instructions expressly call for it.

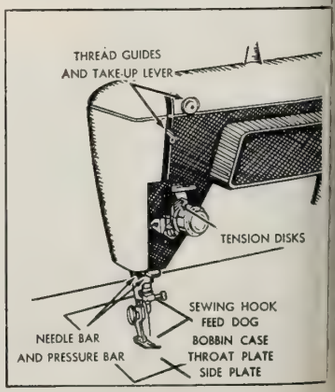
Annual checkup for moving parts

Approximately once a year, under normal condition, clean and lubricate all moving or rotating connections to ensure freedom of movement and protect metal parts from excessive wear. Some machines feature removable top covers; on others the oiling is done through oil holes. Follow your instruction book carefully as some places require sewing machine oil and others, such as metal gears, need a lubricant that is heavier and longer lasting.

To oil and lubricate the bottom of the machine, disconnect plug and tilt machine backward. Some machines have a bottom cover which must be removed for access to the mechanism. Oil and lubricate as indicated in your instruction book. Replace cover, return machine to an upright position and sew a few lines of stitching with a scrap of fabric under the pressure foot.

Clean before long storage

Before storing your sewing machine for a period of time, remove lint particles and oil it. Lint absorbs moisture from the air and holds it against the metal parts, increasing risk of rust damage. Swab all exposed metal parts and those behind the face plate with a lint brush saturated with sewing machine oil. Also oil and lubricate the top section of the machine as described earlier.



ce
r variety

ssly versatile—that's rice. try it in our hearty salad asserole. There's a handy to clear up any confusion measurements.

s: Dieter



EN AND BROWN RICE

- mayonnaise or salad
- ing
- poon lemon juice
- diced cooked chicken
- rown rice, cooked
- os)
- iced celery
- sliced almonds, toasted
- poons sliced water
- nuts
- poon sliced green onion
- oon salt
- pper
- cups

g bowl, combine mayon- nd lemon juice; blend ld remaining ingredients ettuce cups; mix lightly Chill well, at least 4 Serve salad in lettuce arnish with additional almonds, if desired. servings.



OUNTAIN RICE

- ely chopped onion
- on butter or margarine
- package cream cheese,
- d
- on salt
- per
- milk
- g-grain rice, cooked
- ons snipped parsley

saucepan, cook onion r margarine till tender rown. In large mixer end together cream t, and pepper. Beat in at a time. Add milk ell. Stir in cooked rice, the onion, and the parsley. Turn into 10x6x1¾-inch baking dish. Bake in 350° oven for 35 to 40 minutes or till knife inserted just off-center comes out clean. Remove from oven and let stand 5 minutes. Cut into squares to serve. Makes 8 servings.

Type	Uncooked Measure	Cooked Measure
Long-grain rice	1 cup	3 cups
Packaged pre-cooked rice	1 cup	2 cups
Brown rice	1 cup	3 cups
Wild rice	1 cup	3 to 4 cups

"THERE'S MORE TO PUMPKIN THAN PIE."

SIGNED: PETER PETER PUMPKIN-EATER AND FAMILY.



Pumpcream Parfait



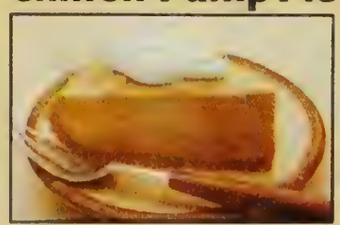
Combine 3½ oz vanilla pudding mix (not instant), ½ cup sugar, ¼ tsp each cinnamon and ginger, ⅛ tsp. cloves in sauce pan. Add 1½ cups milk, bring to boil, stirring constantly. Remove from heat, mix in 1 cup Libby's Solid Pack Pumpkin. Chill, covering with plastic wrap or wax paper. Spoon into 4 parfait glasses alternately with 1 cup whipped cream or topping and ½ cup chopped nuts or crushed peanut brittle. Makes 4 servings.

Pumpkin-Eater Pumpcakes



Preheat oven to 350°. Grease and flour medium-sized muffin pan. Combine in bowl 18½ to 19½ oz. spice cake mix, 1 cup Libby's Solid Pack Pumpkin, ⅔ cup water, 2 eggs. Mix as directed on cake pkg. Stir in 6 oz. pkg. chocolate morsels. Fill pan ⅔ full. Bake 15 to 20 minutes. Cool 5 minutes, remove from pans. When cool, cut out cone-shaped sections; fill with whipped topping, replace cut-out. Decorate with whipped topping and candy corn. Makes 2 dozen.

Chiffon-Pump Pie



Combine 4 tsps. unflavored gelatin, ½ cup brown sugar in sauce pan. Add 30 oz. can Libby's Pumpkin Pie Mix and 1 egg, slightly beaten. Heat slowly to boil, stirring constantly. Remove from heat; chill until it mounds slightly. Add 1 tsp. vanilla. Beat 1 cup whipping cream until stiff; fold into pumpkin mixture. Turn into 9-inch graham cracker crumb crust; chill until firm. Garnish with whipped cream. Makes one 9-inch pie.

FAMILY FOOD IDEAS

Keep up with the Pumpkin Eaters. Try some of these fun ideas with Libby's Solid Pumpkin or Pumpkin Pie Mix.



You'll like Libby's Libby's Libby's

mmm minty

Brach's mint is triple minted to give you purer mint flavor in every bite. You'll taste the difference. They're mmm minty mints. In fact, Brach's chocolate covered mints are the mintiest!



FAMILY FOOD IDEAS

BRACH'S

© 1972, E. J. Brach & Sons, Chicago, Ill.



TARRAGON POTATO BREAD WITH SOUR CREAM AND CHIVE

Reminiscent of your favori baked potato, and it's good wi butter, too—

6 to 6½ cups sifted all-purpose flour
2 packages active dry yeast
1½ cups milk
2 tablespoons sugar
2 teaspoons salt
2 tablespoons butter or margarin
1 can condensed cream of potato soup
½ cup dairy sour cream
¼ cup snipped chives
1 teaspoon dried tarragon, crushed

In large mixer bowl, combin 2½ cups of the flour and yeas In saucepan, heat together milk sugar, salt, and butter or mar garine, just till warm, stirrin constantly to melt butter. Ad to dry ingredients in mixer bow Add soup, sour cream, chives and tarragon. Beat at low spee of electric mixer for ½ minute scraping sides of bowl constant ly. Beat 3 minutes at high speed By hand, stir in enough of the remaining flour to make a mod erately stiff dough. Turn out or floured surface. Knead til smooth, 5 to 8 minutes. Place i greased bowl, turning once t grease surface. Cover; let ris till double, 50 to 60 minutes Punch down. Cover; let rest 1 minutes. Divide dough in half shape into two loaves. Place i two greased 9x5x3-inch loaf pans. Let dough rise again til almost double in volume, about 30 minutes. Bake in 400° oven for 30 minutes or till bread tests done. (If crust browns too quick ly, cover loosely with tent of foil during the last 10 minutes of baking time.) Remove from pans. Cool on rack. Makes 2 loaves.

Herb breads

The inherent power of herbs has been recognized for centuries. During the Middle Ages, witches used these willowy reeds in their brews. Now you can captivate your family with these two herb breads. Their aroma is almost bewitching!

ITALIAN HERB BREADSTICKS

The thinner you roll them, the crisper they'll be—

1 13¾-ounce package hot roll mix
½ cup warm water
1 egg
½ cup dairy sour cream

Photographs: Dieter



1 teaspoon fennel seed
½ teaspoon dried oregano, crushed
Coarse salt

In large mixing bowl, dissolve yeast from hot roll mix in warm water. Add egg, sour cream, dry mixture from hot roll mix, fennel seed, and oregano. Mix well; turn out on floured surface and knead 1 minute to blend. Place in greased bowl, turning once to grease surface. Cover; let rise till double, 50 to 60 minutes. Punch down; cover and let rest 10 minutes. Shape into pencil-thin, 12-inch-long sticks. Place on greased baking sheet. Brush with water; sprinkle lightly with coarse salt. Let rise till almost double, 20 to 30 minutes. Bake in 400° oven for 10 to 12 minutes or till golden. Makes about 4 dozen sticks.

uying guide

st of the products shown orially in Better Homes Gardens can be obtained eading local stores. For e information, write the nufacturers listed. Some ns are privately owned custom made—thus are tted from the product ng.

of the furnishings and accessories n the European rooms on **pages 94-** ve counterparts in the U.S. Some of are direct imports and some are ican-made adaptations. Because are so many direct importers and so versions of these designs available mpossible to credit most items with cific American source.

cooks
20: Plate—Metlox Mfg. Co., Poppy-Artware Div., 527 W. Seventh St., Angeles, Calif. 90266. Serving spoon lle—Oneida Ltd. Silversmiths, Onei-N.Y. 13421. Sauce boat "Voss"—id Brothers, Inc., 280 Summer St., n, Mass. 02210. Salt & peppers—In-tional Craft Designs, P.O. Box 1681, R. Station, N.Y., N.Y. 10022.

inty of fall foods
60: Large footed glass—Riekes-Corp., 2916 Cumming, Omaha, 68131.

iday head starts
62: Replacement cuffs—Scovill Co., Spartanburg, S.C. 29301. ch knit Busy Bobbin, Inc., 1400 lway, N.Y., N.Y. 10018.
63 left: Blanket "Harlequin" by o—Faribault Woolen Mill Co., Fari-, Minn. 55021. Velcro tape—Scovill Co., Spartanburg, S.C. 29301.
64 top: Yarn—Kresge Co., 2727 d Ave., Detroit, Mich. 48232. Jacket nderbilt by Phillips Van Heusen 417 5th Ave., N.Y., N.Y. 10016.
64 bottom: Yarn—Coats & Clark, ark Ave., N.Y., N.Y. 10022.

nksgiving dinner for 6
70: Platter "Chippendale"—Oneida Silversmiths, Oneida, N.Y. 13421. l & butter plates—Franciscan—IN-PACE Corp., 2901 Los Feliz Blvd., Angeles, Calif. 90039. Sterling forks mal Theme" & bowl—Lunt Silver-s, Greenfield, Mass. 01301.
71 left: Plate, cup & saucer, Fran-—INTERPACE Corp., 2901 Los Blvd., Los Angeles, Calif. 90039.

rty meat pies
116 left: Casseroles "Ode"—Den-oneware Ltd., Millard Norman Co., Paddock Rd., Cincinnati, Ohio).

ato sausage pronto
118 left: Dutch oven—King House-Inc., 452 Broadway, N.Y., N.Y. . Right: Meat grinder & sausage r—John Oster Mfg. Co., 5055 N. ll Ave., Milwaukee, Wis. 53217. rd cup & pie plate—Corning Glass s, Corning, N.Y. 14830.

e tested recipes
121 right: Tray—American Cut al Corp., 1150 Broadway, Hewleth, N.Y., N.Y. 11557.
122 top left: Trivet—Ernest Sohn ions, 50-20 Ireland St., Elmhurst, N.Y. 11373. Bottom left: Cups—ish Products, Inc., 6228-32 N. Clark Chicago, Ill. 60626. Top right: s "Centura"—Corning Glass Works, ing, N.Y. 14830.

sters and toaster ovens
130 left to right: Toasters and toast-ens—General Electric Co., House-s Div., 1285 Boston Ave., Bridgeport, 06602. The Hoover Co., E. Maple North Canton, Ohio 44720. Toast-er Div., McGraw Edison Co., 333 W. Rd., Elgin, Ill. 60120. The Proctor-Corporation, 700 W. Tabor Rd., delphia, Penn. 19120.

les hot from the oven
157 (top left): Skillet dish, plates & —Corning Glass Works, Corning, 14830.

sewares are for giving
164: 1—Mixing bowls—Texas Ware, S. Westmoreland, Dallas, Tex. Spoons—Androck, Inc., 28 Union Worcester, Mass. 01608. 3—Crepe pan rs, Roebuck & Co., Prod. Informa-Div., Dept. 703, 7401 Skokie Blvd., ie, Ill. 60076. 5—Storage jars left ing Glass Works, Corning, N.Y.); right: Libbey Products, Owens-is, Inc., 940 Ash St., Toledo, Ohio .

eels around the kitchen
166 top left: Carts 1 & 2, left to —J & D Brauner, Inc., 1331 S. Mich-Ave., Chicago, Ill. 60605. 3—Toledo Guild Prods., Inc., 500 Fossett St., Toledo, Ohio 43605. Top right: Carts 1 & 2, left to right—Salton, Inc., 519 E. 72nd St., N.Y., N.Y. 10021. 3—Cosco Household Prods., Inc., 2525 State St., Columbus, Ind. 47201.
Page 167 (top): Carts, front & left two—Reylon Prods. Corp., 238 Eagle St., Brooklyn, N.Y. 11222. Right two—Invento Products, 225 5th Ave., N.Y., N.Y. 10010. Bottom: Carts, left—Hammacher Schlemmer, 147 E. 57th St., N.Y., N.Y. 10022. Right—Camden Basket Co., Inc., Camden, Michigan 49232.

A very special first course
Page 172 (left): Plate, Independence Ironstone & Glass—INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Wine glass "Glamour"—Fostoria Glass Co., Moundsville, W. Va. 26041. Right: Skillet Schiller-Asmus, Inc., 1525 Merchandise Mart, Chicago, Ill. 60654.

Shortcut vegetable casserole
Page 185 middle: Casserole—Designs West, 1651-18th St., Santa Monica, Calif. 90404. (Bottom): Plates "Grey Wave," Independence Porcelain—INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

A kitchen planned to be perfect
Page 228 top right: Stove, dishwasher and refrigerator-freezer—The Tappan Co., 180 Park Ave. West, Mansfield, Ohio 44903. Ceramic wall clock—Howard Miller Clock Co., 110 West Washington St., Zeeland, Mich. 49464. (Bottom left): Cabinets—Del Mar Cabinet Co., 2865 Gordon Rd., N.W., Atlanta, Ga. 30311.



There are times when nothing tastes better than homemade soup.

Great American® Soup is about as close as you can get to homemade.

It's not watery, like condensed soup, or too heavy, like soups that are almost stews.

Great American Bean with Smoked Ham is made with plenty of plump, tender beans and big chunks of smoked ham.



Simmered until the broth is just right.

Only one soup tastes like homemade. The soup you make yourself.

But Great American® Soup comes close.

About as close as you can get.

Now in new single-bowl size. Heinz

Close to homemade.

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FAMILY FOOD IDEAS

For a low-fat diet: creamy sauce over everything.



It's so much easier for someone on a restricted diet to stay with it if the person who cooks for him can duplicate his favorite foods.

Cream of RICE can help in so many ways...as a binder... thickener and substitute ingredient.

Cream of RICE itself is easier to digest than any other type of cereal. It gives faster energy and is so rich in vitamin-mineral nutrition.

But get the Cream of RICE recipe book. It has 80 recipes for popular dishes, from refreshing desserts to tempting main courses. All doctor-approved. All arranged by diet type (bland, low-cholesterol, egg-free, etc.).

So, how about creamy sauce over everything—for tonight!



Medium White Sauce (for low-fat diets)

2 cups skim milk
1/2 teaspoon salt
Dash pepper
3 tablespoons Cream of RICE

Combine with milk, salt and pepper; scald. Sprinkle in Cream of RICE and cook, stirring constantly, for 1 minute. Remove from heat, cover and let stand 4 minutes. Beat with electric or hand beater or whir in blender until smooth. Heat, stirring occasionally, or refrigerate and reheat for use. Makes about 2 cups.

Cream of RICE, Dept. BH112
P.O. Box 88, Lancaster, Penna. 17604

Enclosed is my Cream of RICE box top. Please send me free 32-page recipe book, "Cooking With Imagination for Special Diets."

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Address _____

City _____ State _____ Zip _____

CREAM OF RICE

FAMILY FOOD IDEAS

Housewares are for giving

Imaginative and practical gifts can often be found in the housewares department of your favorite store. Choose from a variety of well-designed housewares in a range of vivid colors to do all sorts of special jobs.



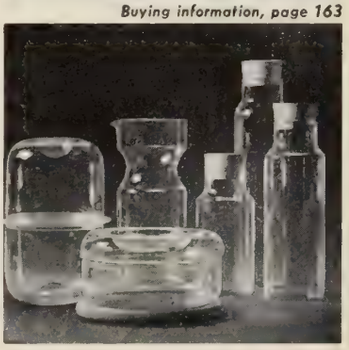
Photographs: Hopkins







Buying information, page 163



1. It's fun to mix up a cake in a pretty bowl such as the ones shown. Each bowl has a rubber base that prevents it from slipping around on the table. The spout is non-drip. These bowls are also great for serving food at the table. The mixing utensils, including a slotted spoon, ladle, spatula, and scoop, are dishwasher proof, high-heat resistant nylon. All the utensils have holes for hanging, and come in many decorator colors.

2. This selection of wooden utensils can be hung on the wall or placed in a crock jar near the range for easy access and storage. Clockwise from left, these hardworking utensils are meat tenderizer, potato masher, tasting spoon (with a scooped-out handle so the food to be tasted can flow down the handle for quick cooling), a French batter spoon, French olive scoop, and a spaghetti spoon.

3. As certain foods become popular, so do the utensils they are prepared or served in. Quiche Lorraine dishes come in a variety of sizes, any of which would be a welcome gift for someone who fancies that egg and bacon pie. The salt mill, similar to the pepper mill, is filled with coarsely ground or rock salt to be ground as needed. Serve the just-ground salt on fresh cooked vegetables, meat, and tossed salads. The small delicate pancakes called crepes seem to taste better when made in a pan designed just for them. (Crepe pans are available in many sizes and materials.)

4. If there's an indoor gardener on your list, this ensemble of tools would be ideal. The handy watering can has a removable sprinkler head. The apron holds the rest of the tools: scissors to snip unwanted shoots and to shape plants; a rake to break up the soil in the pots; a sprayer to mist the leaves, and a trowel for potting or repotting plants.

5. You can find storage jars and containers in all sizes and shapes. These containers are useful anywhere in the house and will hold a range of items. The tall jars could be used to store dried foods, spices, herbs, fruit drinks, hot or cold liquids, or hard candy. The jars would also be attractive holding cotton balls, soap chips, or bubble bath on the vanity in the bathroom or bedroom.

The various other glass containers could be used for serving cheese, tossed salad, hot or cold casseroles, or they could even hold a terrarium or serve as flower vases.

FESTIVE FRUITCAKE *Makes 2 (9") loaves*

Combine 4 c. pecans, 2 c. candied cherry halves, 2 c. cubed citron, 2 c. cubed lied pineapple, 2 c. yellow raisins, 1 c. diced candied lemon peel, 1 c. diced candied ge peel, and 1½ c. flour in large bowl. Mix well. Set aside.

In large mixer bowl, cream 3 sticks Fleischmann's Margarine with 2¼ c. sugar till y. Add 9 egg whites and beat at med. speed for 2 min. Blend 2¼ c. flour and 1½ tsp. ng powder. Add to creamed mix alternately with 1½ c. orange juice. Pour over fruit and blend well. Spoon into 2 (9" x 5" x 3") pans, lined with brown paper and ed. Bake at 350°F. about 1 hr. 50 min. or till done. Cool 10 min. Remove from pans ool on wire racks. Remove paper. Frost with confectioners' sugar frosting.

CRANBERRY APPLE PIE *Makes one 9" pie*

Combine 2 c. unsifted flour and 1 tsp. salt in a bowl. Cut in ⅔ c. Fleischmann's with pastry blender or two knives until mix resembles coarse meal. Stir in 6-7 tbsp. ice water; mix well. On lightly floured board roll out ⅔ dough to fit a 9" pie plate. Transfer to plate

Drain 2 (20-oz.) cans sliced apples, reserving liquid. Combine ½ c. liquid and 1½c. cranberries in large saucepan. Bring to boil; simmer 3 min. Combine 1¼ c. sugar, ¼ c. cornstarch, and ¼ tsp. cinnamon; add to cranberries. Cook over med. heat till mix thickens and boils. Fold in apples. Pile into pie plate. Dot with 2 tbsp. Fleischmann's. Roll out remaining pastry and cut in strips. Crisscross over apples. Seal to bottom pastry and shape edge. Brush pastry with skim milk. Bake at 400°F. about 40 min., or till done.



Now - rich tasting holiday desserts that are low in saturated fat.

Be generous with the gift of rich lay desserts. But stingy with esterol and saturated fats. It's easy these Fleischmann's holiday es.

Look: no egg yolks, no butter, but f delicious Fleischmann's.®

Now think further. About how ituting Fleischmann's in other lay recipes can reduce your family's e of saturated fats. And how that can be important in keeping cholesterol in their systems at a low level.

Fleischmann's Margarines are made from 100% corn oil. And high in liquid corn oil, so they're low in saturated fat.

So be generously stingy. Give them less. Less cholesterol. Less saturated fat. And happier holidays.



Fleischmann's Margarine.

It makes sensible eating delicious.



Short 'n sweet mince meat pie

(Just fill, bake, and top)

Here's all it takes to put a real, home-made sweet-and-spicy mince meat pie in your oven:

2 PET-RITZ® Pie Crust Shells
2-2/3 cups (28 oz. jar) None Such® Mince Meat
1 cup PET® Whip Non Dairy Topping.

Fill your pie with Borden ready-to-use None Such Mince Meat. None Such has the sweet and tangy taste of real, home-made mince meat because it comes from an old and authentic recipe. It's a medley of fruits, spices and succulent beef flavoring, all subtly seasoned.

Bake your pie in PET-RITZ Pie Shells.* They come frozen and ready-to-use so all your holiday pie baking is work-free. And you can be confident that every pie crust will be as tender and flaky as the finest home-made pie when you use PET-RITZ.

Top your mince meat pie with a light, creamy halo of PET Whip Non Dairy Topping. It adds the just-right taste and festive touch to your holiday pie.



FAMILY FOOD IDEAS

*Remove PET-RITZ pie shells from package. Separate the two shells. Carefully loosen and lift edge of one shell around the rim of aluminum pan. Fill this shell with mince meat. Take a slightly thawed second crust from pan and cover filling. Fold edge of top crust over and under edge of bottom crust. Seal together. Make standing edge and crimp. Pierce top with fork several times. Bake in moderate (350°F) oven about 45 minutes or until brown.

Wheels around the kitchen

1



2



Buying information, page

A well-made serving cart can simplify your life considerably. Park a cart near your kitchen worktable to load with food, dishes, and glasses. This leaves the counters clear for work, and eliminates lots of last-minute hostess frazzle. For a big party, you can make one trip with table settings and a second with food. Notice how the entrance of a cartful of food rates attention! You may find it's efficient to serve from the cart. Be sure to load it up again for the trek back to the kitchen.

And don't let the cart be idle between times of family dinners and parties. It can hold plants, decorative china, or perhaps a lamp or TV set, or serve as a chairside table. You can use a cart as a kitchen worktable, desk, or lunch table. If someone's ailing, keep convalescent needs on a bedside cart.

Before you shop for a cart, analyze your particular requirements. Will the cart be mostly for family meals, or for party fixings? What type floor surface will it roll over? Maybe you'll wheel it to the poolside, or a picnic table on the lawn. All these factors affect your choice.

You may need only a utilitarian cart that wheels a load in, then retreats to the kitchen —or a decorative one that stays and serves at the party—or one with an electrically heated top (three examples are shown in picture 2). If you have no permanent parking space, a folding cart, like the ones in picture 3, is ideal. It can go into the closet when the guests' coats come out, and take only a sliver of space.

Closely examine the working mechanisms of a cart you're considering. Minor squeaks now indicate a short work life. Never buy a cart without trying out its rolling action, preferably on the same surface you'll use it on. Examine the wheels or casters to make sure they "track" so you won't have to contend with annoying grocery-cart wobb or balkiness.

If you will use the cart mos on vinyl or wood floors, cu ioned rubber tire wheels w best. Ask the clerk if the whe will mar light vinyl floors—go quality black wheels won't, the cart is going to roll mos on carpet, hard-tread wheels plastic or ball-shaped metal ca ers—are best. Deeper car pile or shag requires lar wheels for easy moving. Y may want a locking caster so cart can double as a table desk.

If your kitchen lacks a c ting-board counter top, it mig be smart to get a wood-topp cart as shown in picture 1. Wo tops are easy to clean, conce cuts and marks, and actua thrive on hard use. They ble with any decor. Some wood to or lower trays are removab On some large wood-topp carts, the casters can be lock so the carts can serve as table

Does your family routine i volve juggling mealtime sche ules? Or do your dinner gues engage in rambling gab-fes and then expect warm secon helpings of food? If so, choo a cart with an electrically heate top. Some examples are show in picture 2. The top will war plates, keep casseroles and ser ing dishes of food warm, ar keep a carafe of coffee pipin hot. There is usually a centr "hot spot," which is up to 40 warmer than the rest of the tra

Look for these features o carts with warming tops: un form surface temperature stain-and-alcohol resistance high-quality baked enamel o trays; red pilot light to tell yo the top is plugged in, or to glo through the top and remind yo of the "hot spot." Be sure th cord is removable and U.L listed. Check the insulation c the top of an electric metal car

Folding carts like those i picture 3 may fit your needs

3



4



out folding carts in their ous positions, and check for dy construction. See how l the cart is when unfolded. v easily does the folding hanism work—and is there danger of its pinching fin-? Some carts can fold half- to become a bar against the . Another variation is a lower f that folds back so the cart serve as desk or lunch table. arefully check the top of cart. Ask about its resistance heat, food and drink stains. scratches. Some cart tops e off to serve as trays, or vide added space by unfold- at end or by lift-up sides. On r carts, a tray moves up be- the top tray to double the e. Still another variation is ide-out side shelf that adds arge serving space, or you ht like a lift-off glass caddie. some carts, there's a lower ion with doors to hide ses and other entertainment ipment.

Most any cart will be helpful, check as many styles as sible before you decide. nces are you won't find a e assortment in any one e. Check department stores, dware and furniture stores, ount stores, specialty shops, mail order catalogs, to find cart that will be a hard- king addition to your family.

FAMILY FOOD IDEAS

Four quick ways to give vegetables new flair with BLUE DIAMOND almonds

"STIR AND FRY" WHOLE BLANCHED ALMONDS WITH ZUCCHINI: Roast ¼ cup whole blanched almonds in ¼ cup butter, margarine or salad oil in skillet; add 1 teaspoon salt, ½ teaspoon onion powder, ¼ teaspoon pepper and 1 lb. diagonally sliced zucchini squash. Cook, stirring, over medium-high heat until zucchini is cooked, about 5 minutes.

GIVE ALMOST ANY VEGETABLE NEW APPEAL WITH SOUR CREAM SAUCE ALMONDINE: Spread ½ cup sliced natural almonds in shallow pan and toast in 400-degree oven for 2 to 3 minutes. Combine 1 cup dairy sour cream with 3 to 4 teaspoons concentrated garlic spread and ½ teaspoon salt; heat, stirring, but do not boil. Add almonds; serve over hot cooked carrots and Brussels sprouts.

CROWN SWEET POTATOES WITH WHOLE NATURAL ALMONDS: Heat ¼ cup honey, ¼ cup butter or margarine, ¼ teaspoon salt and ½ cup whole natural almonds (chopped); pour over 6 boiled, hot, peeled sweet potatoes in baking dish. Run under broiler to brown slightly.

DISCOVER ELEGANT GREEN BEANS ALMONDINE WITH SLIVERED ALMONDS: Stir ⅓ cup slivered almonds in ½ cup butter over low heat until golden. Stir in ¼ teaspoon salt and 2 tablespoons lemon juice. Pour over 1½ lb. cooked green beans. (Also a delicious sauce to serve with other vegetables, fish or steak.) Makes 4 to 6 servings.



The choice fresh almonds from California, in cello packs and tins are: BLUE DIAMOND ALMONDS

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NEXT MONTH

GIFTS THAT MONEY CAN'T BUY—Nothing captures the true spirit of Christmas so well as a gift we make with our own hands. And you'll find all the inspiration you need in our special 50th Anniversary Christmas issue! Here are gift ideas to fit the skills of every member of the family—nostalgic toys for Dad to build in his workshop, lovable stuffed toys for Mom to stitch, and easy-to-make presents a child can make for all his friends. How-to information is provided for each and every crafty idea.



Kitchen lighting pointers

Once kitchen lighting simply meant one lone fixture placed squarely in the middle of the ceiling. That single light illuminated the kitchen table directly below, where all the work was done. Today, with work surfaces arranged along the perimeter of a room, a single overhead light is totally inadequate.

For a well-lighted kitchen, you need two basic types of lighting—general illumination plus lighting for specific work areas like sink, range, and counters. The American Home Lighting Institute suggests one fixture for every 50 square feet of floor space. These fixtures can be recessed, surface-mounted, or pendant with 175 to 200 watts of incandescent bulbs or 60 to 80 watts of fluorescent tubing.

Lights from above

A ceiling fixture, the customary source of general lighting, should always be completely functional. It should cover walls, floor, and ceiling with light, aid room-to-room traffic, and make it easier to see into upper wall cabinets.

When you're shopping for a ceiling fixture, look for one that will give a wide expanse of light over the entire kitchen, not just downward. The right ceiling fixture helps create a relaxing and pleasant atmosphere since it reduces contrast in brightness between specific work areas and neighboring space which is not as well lighted. You'll find a variety of surface-mounted fixtures to choose from: rounds, squares, drums, and globes. All are completely enclosed with cer[amic], enameled, opal glass, or plastic. [Opal] glass provides the best light distribu[tion].

The fixture should have a 12-inch d[iam]eter. The larger the fixture, the [more] bright the light will appear, and there[fore] the more comfortable it will be to wo[rk] For an average kitchen, use one 150-[watt] bulb, two 75 bulbs, or three 60-watt b[ulbs]. In a larger-than-average room, two [ceil]ing fixtures may be necessary.

Instead of two ceiling fixtures, you m[ight] try a cluster of white opal glass glo[bes] three or more to a fixture, fitted with [40]-watt incandescent bulbs. White-co[ol] incandescents are best for use in a ce[iling] fixture as they reduce uncomfort[able] brightness and hot spots in diffuser co[vers].

Fluorescent light, once thought un[satis]factory to food, is now available in w[arm] natural hues. Deluxe warm whites [are] suggested for kitchens with lots of w[ood]; deluxe cool whites help simulate a co[ol] atmosphere. If you decide on fluores[cent] tubing for your ceiling fixture, use [a] 40-watt or four 20-watt straight tu[bes]. Or, you can choose a fixture designe[d to] hold two circular fluorescent tubes—[one] 32 watt and one 40 watt.

There are many decorative ceiling [fix]tures, some rimmed with wood or alu[mi]num, others scrolled with iron. Such [de]cent trims take the fixture out of [the] purely functional category and mak[e it] decorative as well. When considering [a] type of fixture, remember that trim [of] any kind can greatly reduce total li[ght] output. You may need to augment [the] ceiling light with a few surface-moun[ted] or recessed fixtures.

Localized lighting

Working in your own shadow is [not] only tiring, it can make you inefficient [at] your work and also lead to accidents [in]volving knives, hot utensils, and small [ap]pliances. To be on the safe side, equ[ip] your kitchen with local lighting at si[nk], range, and counters.

Good sink lighting is vital, since y[ou] perform so many tasks in that one sp[ot]. Make sure light falls in front of you. [For] a 36-inch-wide sink area, you can use t[wo] recessed fixtures with inner reflecto[rs] spaced 18 inches apart and each holdi[ng] a 100-watt incandescent bulb (a sing[le] downlight will produce shadows direct[ly] under the hands). Or, you might choo[se] two or three cylinders or cans (recessed [or] surface-mounted) with 75-watt reflect[or] bulbs. When using surface-mounted light[s] you can achieve a decorative effect [by] picking up an accent color from the wa[ll] covering pattern or painted surfaces an[d] repeating it on the outside of the fixtur[es].

The time to think about recessed ligh[t]ing is when you're first building a hous[e] or planning an extensive remodelin[g]. Should you wish to use recessed fixture[s] exclusively in the kitchen, then select [a] light color for walls, floor, and cabinet[s] to reflect a maximum amount of light bac[k] to the ceiling. In older homes, surface

Continue

General Electric Ranges with Total-Clean™ Ovens ean parts of an oven others expect you to clean.



l ovens that claimed to clean nselves aren't created equal. t's the difference? One works eat. While the other, called inuous cleaning," depends upon ck-colored porous enamel. This us surface is designed to soak platter and grease as you use ven. But since many parts of ven can't be made with this us finish, you're expected to a hand.

ne General Electric Total-Clean cleaning system is completely matic. It cleans the entire oven rior. All you do is latch the door set the control. Spills, greasy s and oven soil are decomposed he heat. General Electric eered the Pyrolytic self-cleaning n, so it's probably no surprise we have the largest selection otal-Clean Ovens.

7 plus double ovens

he J797 Américana.® The er oven has the P-7® Total- n System. Removable els and shelves in the er oven can be cleaned in P-7 Lower oven. Other ures include: dependable d-state oven temperature rol, Sensi-Temp™ auto- ic surface unit with ldle, automatic rotisserie, t thermometer, infinite t surface units, two pic- e window doors. Available larvest, Avocado or White.

P-7 free-standing models

The J757 is a free-standing 30″ model. In addition to the P-7 Total-Clean Oven, you get a solid-state oven temperature control, no-drip cook-top, with Sensi-Temp automatic surface unit and griddle, automatic rotisserie, meat thermometer, infinite heat surface units and picture window oven door. Available in Harvest, Avocado or White.

P-7 top and bottom wall ovens

The JK29 is a 27″ built-in double-oven with two Total-Clean Ovens. Other features: dependable solid-state oven temperature control, picture window door in both ovens, easy-set oven timer, rotisserie, and automatic meat thermometer. Counter top surface units with matching exhaust hoods are available. All in Harvest, Avocado or White.



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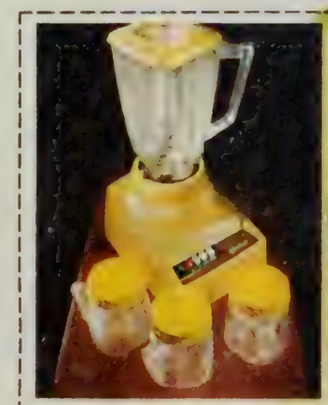


This feature goes with every P-7 Total-Clean range we sell. This is our pledge: that wherever you are or go you'll find an authorized GE serviceman nearby. Should you ever need him.

GENERAL ELECTRIC

NEXT MONTH

A VERY SPECIAL CHRISTMAS ISSUE! To celebrate our 50th anniversary, we've assembled ONE HUNDRED crafty ideas—some for you to make as gifts for family and friends, some to ornament your home inside and out. And to show off our bulging Santa's pack of ideas, we've added extra color pages. There's a grand total of 46, all brimming with ways to make this the merriest Christmas ever at your house. As always, we've included complete how-to information for each and every idea.



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Lighting

Continued

mounted lights are o most expedient and lea sive solution. Surface- lights include light cyli aluminum with various or trims.

If your sink if fla wall cabinets, you may introduce some decorat ing like a pair of lar glass chimneys with low bulbs. These wall-hung can also serve as nightl

Lighting is built in range hoods with a sock holds two 60-watt bulb 100-watt bulb. If you doesn't have a hood, you stall a fluorescent wall (also suitable for coun sink area) with an op translucent shield. The should not be less th thirds the length of th involved and should hol imum of one 30-watt flu tube or a multiple socke to 75-watt incandescen Another type of wall conserves space by dou a cook book shelf.

Other range solutions recessed or surface-m ceiling fixtures or an u cabinet fluorescent unit. range is part of an islan area, you'll find tra pendant lights will provi a functional and a de source of light. In add lighting work areas, p add to overall room i tion. Space them 16 to 2 apart and use a 60- to 1 incandescent bulb in ea fixture.

For work counters und cabinets, fluorescent lan generally recommended of their slim shape, cool perature, and extra light Shallow fixtures (one inc are available with snap-in of pliable plastic. These are inconspicuous and good job. One 20-watt cent tube for every three counter space is su Mount tube and shield of glass or plastic on under cabinet at front edge toward the wall). In som tions, a single row of cent tubes is adequate, double row will provide light distribution.

When you want to li perimeter of a room as counter space, you can recessed or surface-mount ing fixtures. Space the inches apart and fit with reflector bulbs. If you fi particular light arrangem warm for personal c substitute shielded fluo tubes. ■

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cuit recipe can match.

tress pads made of quilted, sanforized, machine-washable cotton; electric coverlets which are lighter than automatic blankets; and an electric mattress pad which covers only a portion of the bed and can be used as a foot and leg warmer or shoulder warmer, or to warm one side of the bed.

Battery-operated warmers—Chilled hands and feet take the fun out of outdoor spectator or participation sports. To protect your feet, you can buy high wool socks with a battery at the top which heats wires throughout the socks. These socks fit most ski boots and are completely insulated so there's no danger of shock when socks are wet. When shopping, look for a flat, tape-type heating element and a spring-metal clip that can bend for adjustable fit. The socks are a blend of wool, nylon, and Orlon that is hand-washable, colorfast, and mothproof.

Battery hints: Use *Alkaline* D-cell batteries. Or, if you wear the socks regularly, use nickel-cadmium batteries which are rechargeable up to 500 times. Unsnap batteries when heat isn't needed, and protect them from cold by carrying them in an inside pocket when not in use.

Battery-operated mitts help keep hands warm. Deerskin with split palms are great for hunters, and all-leather, double-reinforced mitts are a good choice for skiers and other sports fans. You'll want all-wool lining and a battery pouch located in the back of the mitts. A battery-operated vest keeps your "middle" comfortably warm.

Electric body warmers—For quick warm-ups when coming in from outdoors, use electrically heated boots, slippers, or mittens. On boots and mittens, look for heavy-duty rubberized coverings, wiring that's evenly spaced ½-inch apart, a thermostat control, and dual thermostats for complete safety.

Finally, keep these safety pointers in mind:

- Check with your doctor before purchasing therapeutic equipment. Ask him when to use *moist* heat and when to use *dry*.
- Make sure any electric device is UL listed.
- Do not use any heat-producing pad over moisture unless directions explicitly state the pad is "wet-proof."
- Keep hands and feet out of water when using an electric device on the body.
- Do not use pins on electric warm-up appliances.
- Do not use appliance on infants or invalids without constant attention. ■

Winter warm-up appliances

A pleasantly heated home and a warm wardrobe aren't always enough to protect you completely from winter's chill. You may need to invest in a few comfort boosters. Here are some electric and battery-operated devices that can make the difference between mere endurance and true comfort.

Heating pads—Look for very sturdy material, both in the cover and pad; good workmanship on seams; wetproof covering if you plan to use moist heat. Also look for lighted heat indicators, or Braille-type numbers that can easily be identified in the dark. Heat selections range from push-button choice of three heats to a dial range up to 75. Warranties range from one to five years.

Covers are available in plain or printed flannel, terry cloth, and satin. Make sure the cover is preshrunk and removable for washing. Never use any heating pad without its cover.

Check the waterproof covering each time it's used, and discard if it's cracked or blistered. Also, avoid folding the pad when in use as folding may damage the wires. Disconnect when not in use, and store in its box in a cool, dark, dry place.

Heating pads are available from mini- to king-size. Among the various styles is a long bandage-type heating pad that's center-seamed to fold over without damaging wires, and contoured to fit an elbow, shoulder, or knee. Also available are heating pads with a nylon-fastening-tape touch closure.

Electric bedding—When you shop for electric bedding, be sure to look for the U.L. label, and check for an illuminated temperature control. The bedding may be constructed of wool, acrylic, or a combination of synthetic fibers. Make sure the bedding you choose is mothproofed, machine-washable, and non-allergenic. Some blankets have fitted corners, others snap to fit. You may want dual controls. The length of the guarantee (two to five years) is a clue to quality.

Wash—never dry-clean—your electric blanket, and follow the directions on the blanket.

Alternatives to the electric blanket include: electric mat-

And what can't you make of it!

CHERRY CRÊPES

1 cup dairy sour cream
1/3 cup brown sugar (packed)
1 cup Bisquick baking mix
1 egg
1 cup milk
1 can (21 ounces) cherry pie filling
1/2 to 1 teaspoon orange extract

Heat oven to 350°. Blend sour cream and brown sugar; set aside. Beat baking mix, egg and milk with rotary beater until smooth. Spoon 2 tablespoons batter into hot lightly greased 6- or 7-inch skillet. Rotate pan until batter covers bottom. Bake until bubbles appear. Gently loosen edge; turn and bake other side. Spoon 1 tablespoon sour cream mixture onto one half of each crêpe; roll up, Place crêpes seam side down on ovenproof platter. Bake *about 5 minutes*. Heat pie filling in chafing dish until hot. Pour extract on pie filling. Do not stir. Ignite immediately and spoon over crepês. *12 to 15 crêpes.*

This recipe was developed and tested in the Betty Crocker Kitchens.

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Whipped Parkay.
It's Kraft at its best.

1 egg
2 egg whites
¾ cup whipping cream
1½ teaspoons salt
¼ teaspoon ground nutmeg
⅛ teaspoon white pepper
1 recipe Mornay Sauce

In small saucepan, bring ½ cup water and 2 tablespoons butter or margarine to boiling, stirring till butter melts. Remove from heat and add the flour and a dash salt; beat till smooth. Cook over low heat, beating constantly, till mixture forms a ball that does not separate. Remove from heat and cool; cover and chill thoroughly. Cut the pike in small pieces and grind, using the finest blade on food grinder. Place in small mixer bowl; add the 6 tablespoons butter and beat with electric mixer on high speed till very smooth and fluffy. Chill 30 minutes.

Transfer the chilled flour mixture to a large mixer bowl. Beat in the egg and egg whites, one at a time, till very smooth. Gradually beat in the chilled fish mixture. Add the cream gradually, beating till very light and fluffy. Beat in the salt, nutmeg, and pepper. Chill thoroughly, at least 2 to 3 hours. Heavily butter two medium skillets. Using 2 soup spoons, mold each quenelle into an oval shape and gently place in skillet. Repeat till all fish mixture is used.

Heat 6 cups water to boiling.



Photographs: Dieter

Gently pour 3 cups water over spoon and down side of each skillet around quenelles. Add 1 teaspoon salt to each skillet. Cover and simmer very gently for 12 to 15 minutes or till quenelles are set. Remove from skillet with slotted spoon; drain on paper toweling and serve immediately with Mornay Sauce. Makes about 3 dozen.

To make Mornay Sauce: In saucepan, melt 2 tablespoons butter; blend in 2 tablespoons all-purpose flour, ¼ teaspoon salt, and dash white pepper. Add 1½ cups milk all at once. Cook quickly, stirring constantly, till mixture thickens and bubbles. Add ½ cup (2 ounces) shredded Gruyère cheese and 2 tablespoons dry white wine; stir over low heat till cheese is melted. Makes about 1¾ cups.

A very special first course

To get your next dinner party off to an elegant start, serve this delectable French classic, **Quenelles of Pike,** a delicate pike mousse drizzled with Mornay Sauce. If you wish, prepare the pike mixture a day ahead of the party and poach the quenelles just before serving.

QUENELLES OF PIKE
2 tablespoons butter or margarine
½ cup sifted all-purpose flour
1 pound boned, skinned pike fillets
6 tablespoons butter or margarine



Aunt Jemima introduces New Cinnamon Swirl French Toast.



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We used your fresh eggs. And your fresh milk.

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Cereal candies—crisp!



CRUNCHY CHOCOLATE BARS

Whip these up in the morning and chill—

- 1 12-ounce package (2 cups) semisweet chocolate pieces
- ¾ cup crunch-style peanut butter
- 3 cups round oat cereal

Combine chocolate pieces and peanut butter. Cook over lo heat, stirring frequently, till melted and smooth. Remove fro heat; stir in cereal. Turn into waxed-paper-lined 8x8x2-inc baking pan; chill and cut into bars, or drop by teaspoonfu onto waxed paper. Makes about 36 pieces.

Photographs S



PUFFED TREES

Cereal "popcorn" trees—

- 12 marshmallows
- 8 cups puffed rice cereal
- 1 cup sugar
- ¾ cup water
- ¼ cup light corn syrup
- ¼ teaspoon salt
- 12 drops green food coloring
- 2 to 3 drops oil of peppermint
- Confectioners' sugar icing
- Cinnamon candies

Let marshmallows stand uncovered overnight. Place cereal in 325° oven for 10 minutes; keep warm while making syrup Butter sides of saucepan; combine sugar, water, syrup and salt. Cook and stir over medium heat till mixture comes to boiling; reduce heat and continue cooking till mixture reaches hard ball stage (250°). Stir in green food coloring and oil of peppermint. Pour syrup slowly over warm cereal, stirring just enough to coat thoroughly. Butter hands lightly and shape cereal mixture into 12 cone shapes for trees, using about ½ cup for each. Decorate trees with confectioners' sugar icing and cinnamon candies. Attach marshmallow to bottom of tree with wooden pick. Makes 12 trees.



This new glass was washed 2 times in a leading lemon-freshened dishwasher detergent. You do see spots.

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Pre-teen rooms that don't look childish



Photograph, designer: Designer: Carol Burner. Source: Helen Heitkamp

To a pre-teen girl, a bedroom isn't just for sleeping—it's for expressing her one-of-a-kind personality. This unique room belongs to a girl with a precocious interest in modern art. Her favorite painting serves as springboard for the room's mood and color scheme. A multicolor patchwork coverlet on the bed and a fluffy rug add warmth and texture interest. A few favorite stuffed toys share this unconventional bedroom.



Photograph: Hans Namuth. Designers: Don Bailey, Keith Gassner of Jesse Benesch & Assoc. Source: Kit Tyson

As a delightful alternative to the cowboy and animal motifs so often found in children's quarters, why not hang some bold stripes in your son's bedroom? Here, dynamic stripes provide a crisp accent to the clean-lined modern furniture. A fabric-covered bulletin board adds more color. Efficient storage space like this helps a child keep his room neat. Later, these shelves and desk will adapt to storing books and projects.

Introducing The Date Walnut Double Decker.

It's a fancy new bar cookie that really shows off the delicious ingredients it's made of. There's a buttery, pastry layer topped by a moist, chewy layer filled with DROMEDARY® Dates and DIAMOND Walnuts.

You'll find these two naturally nutritious ingredients together in many a favorite family recipe—in cakes, cookies, candies and breads.

It's that traditional flavor combination, DIAMOND Walnuts and DROMEDARY Dates, that makes this Double Decker so special.



It's not your everyday cookie.

Pastry Layer: 1¼ cups sifted all-purpose flour; ⅓ cup granulated sugar; and ½ cup butter or margarine.

Combine flour, sugar and butter and blend to fine crumbs. Pack into bottom of greased 9-inch square pan. Bake at 350°F. about 20 minutes, until edges are lightly browned.



Top Layer: ⅓ cup light brown sugar, packed; ⅓ c
granulated sugar; 2 eggs; 1 teaspoon vanilla extra
2 tablespoons all-purpose flour; 1 teaspoon baki
powder; ½ teaspoon s
¼ teaspoon ground n
meg; 1 cup chopp
DIAMOND Walnu
1 (8-oz.) pa
age DROMEDA
Pitted Da
snipped
DROMEDA
Chopped Da
powdered sug
Combine
sugars, eggs a
vanilla, and b
together well. Sift fl
with baking powder,
and nutmeg, and add to first mixtu
Stir in DIAMOND Walnuts and DRO
DARY Dates. Turn batter into pan o
hot baked pastry layer. Bake at 350
about 20 minutes longer. Cool in p
sprinkle top with powdered sugar, t
cut into bars. Makes 18 bar cook
(about 2¾ x 1⅜ inches).

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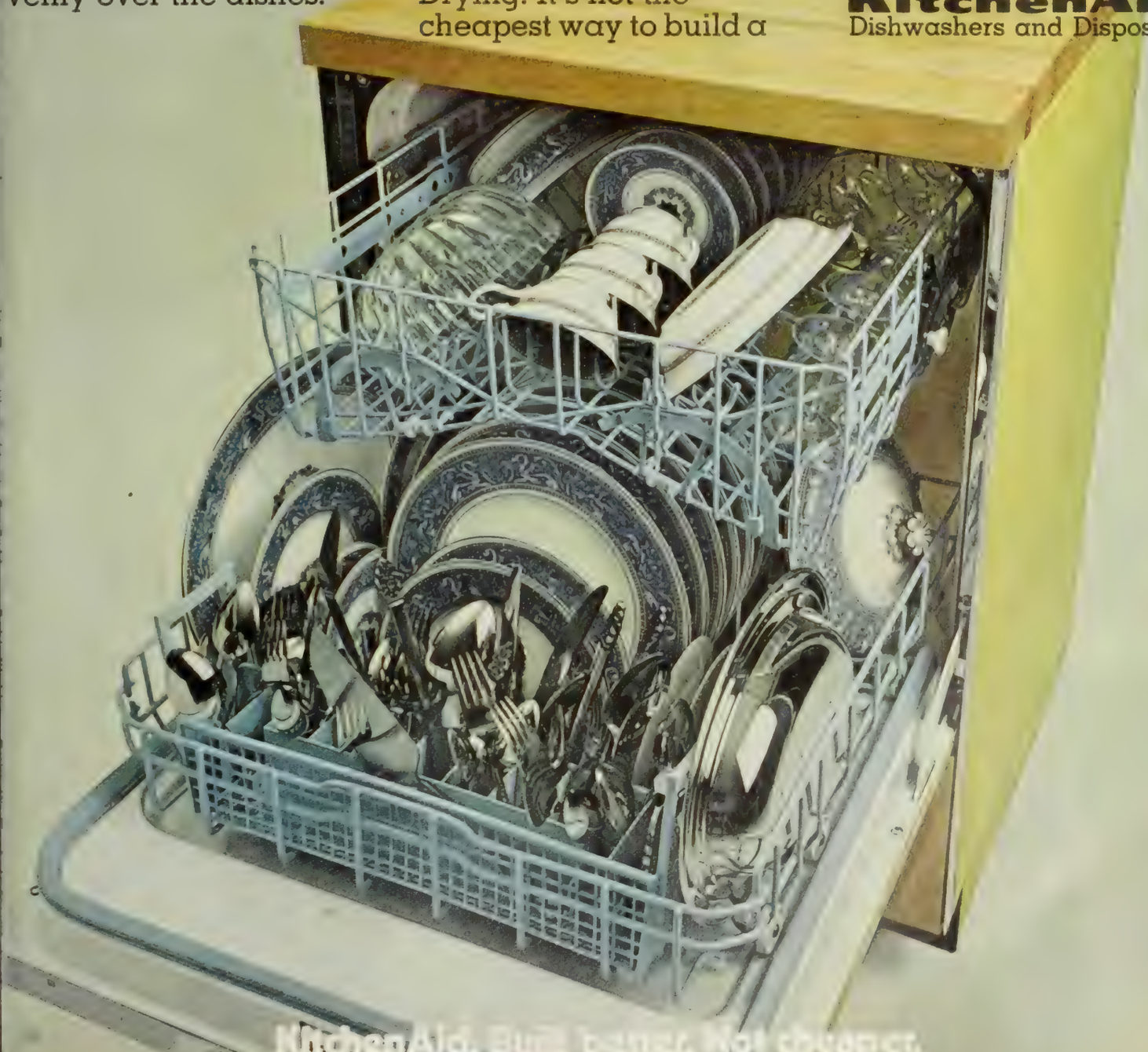
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Ask Ekco, Mirro & West Bend. They make Teflon* cookware. They recommend Dobie† because it cleans Teflon easily and quickly—without scratching, scraping or scuffing. What's more, inside Dobie's tough, knitted polyester there's a soft sponge that holds moisture yet rinses out clean. And this rugged little pad will last for months.

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Bodywork

Continued from page 28

pops out when pushed from the opposite side, you may have very little bumping to do. Usually the impact that caused the metal to spring in will have created a small crease, but most of the disfiguration will have disappeared with one big "boing!"

One way to apply reverse pressure to this kind of dent when the inside is inaccessible is to pull it out with a plumber's plunger. The rubber suction cup usually will hold well enough on a clean, flat surface to withstand a heavy pull.

Another method is to drill a small hole at the center of the area to be popped, insert a sheet metal screw, and pull on the screw with pliers or wire.

Work fast with filler. Plastic fillers have been a boon to the do-it-yourselfer. Available at auto supply outlets, they can be used to fill in the valleys left after the bumping procedure. They also are ideal for filling rust holes.

These products are inexpensive, easy to use, and produce very satisfactory results for the amateur repairman. A typical body repair kit includes the filler paste, hardener (which is mixed with the plastic immediately before application), fiber glass screening for filling larger holes, a rubber applicator, and instruction sheet.

Follow the instructions in the kit, and move quickly to create the desired contour. The mixture begins to set after about 15 minutes.

Plastic body fillers can be shaped like putty and, when hardened, they're easy to file and sand.

About an hour after application, the filler will have become hard enough to file to rough contour. It then can be sanded with coarse (#80) sandpaper, followed by a finer grit (#180 to #220). Final sanding should be done with wet-or-dry paper, progressing from #190 to #400 grit for a really smooth surface.

Wet-or-dry paper works best wet. You can dip it in a bucket of water, wet the surface to be sanded with a sponge or hose, and continue to dip the paper from time to time. It's messy, so avoid working on clean, white concrete that may be permanently stained.

Wait about a day before applying primer, to make sure all the solvents have been released from the plastic filler.

The paint job. On the assumption that you're repairing a small dent, you probably will be able to do a satisfactory refin job with spray touch-up Check your owner's manu the location of your paint plate. Jot down the nu which will be converted companion number in th ing of touch-up paints at auto supply store.

Proper preparation is tial to a good paint job. faces beyond the area t painted should be free o wax, or other foreign matte vest in a metal cleaning pound to prepare surface painting.

Mask off the area t painted so that you can ble your touch-up paint with original paint. Whenever sible, carry your repaintin the edge of a panel or to a strip. Even professionals touching up a small spot be of the difficulty of blendi

Make a test spray on a of flat scrap metal to be your touch-up paint is a match.

Apply at least two coa primer and wet-sand it smooth finish. (Some prime not require sanding.) Afte surface has dried, spray o touch-up paint. Apply se light coats from a distanc ten to 12 inches to prevent and runs. Move the spray and forth; do not allow hand to stop in one place you are spraying or you are ly to cause a run.

Obviously, the entire pr from the first tap of the han to the last wisp of spray takes several hours of work sure you allot enough time t the job right.

Budgeting for car care

By creating a car mainten fund and investing it wisel parts and services you k you'll soon need, you can avoid emergency breakdo You also can comparison-s in familiar stores to take vantage of quality product sale prices.

And you can avoid the sh ing blow to the checking acc caused by an unexpectedly repair bill. It's not uncom for a car to need tires, a batt and shock absorbers at about same time. This expense on of routine tune-up and seas services is enough to cause s owners to trade rather than pair. In such a situation, a w

Contin

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Express yourself beautifully at gift-giving time. It's easy when you choose from Mirro aluminum electrics like these . . . **1.** The new Mirro-Matic Bake and Serve* that performs like an extra oven. 3-quarts big, serves 4 to 16. Harvest Gold, Avocado or Poppy. Under $25. **2.** And the new low-profile Pop 'N' Serve Corn Popper* that pops 4 quarts deliciously. Unbreakable Lexan cover-server. Red, Green, Yellow or Black base. Under $12. **3.** The speedy, easy-cleaning tabletop Broiler in Poppy or Avocado. Under $15. **4.** The Cup-A-Minit Perk that serves up fresh-brewed coffee, quicker than instant. Harvest Gold, Poppy or Avocado. Under $17. **5.** The elegant new Gourmet Sauté-Skillet* for dinnertable cookery. Domed cover in Metallic Gold, Green or Red. Under $30. For quality you're proud to present, give the finest aluminum . . . buy Mirro at better stores everywhere.

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REVEAL SAVORY POT ROAST

2¼ lb. boneless chuck roast
Salt and pepper
4 peeled and halved carrots
4 peeled and halved potatoes
4 peeled onions
1 pkg. Sloppy Joe mix
6 oz. can tomato juice

Place REVEAL Roasting Wrap on shallow roasting pan. Salt and pepper beef and place on REVEAL. Surround with vegetables. Combine Sloppy Joe mixture with tomato juice and pour over roast. Wrap, seal and roast in pre-heated oven 400°, for 1 hour, 10 minutes. Remove from oven and allow to stand in wrap for 30 minutes. Serves 4.

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Budgeting for car car

Continued

budgeted and executed tive maintenance pla avoid panic.

Naturally, you can't a all of your expenses for but many of them are su ly predictable. For exa you keep your car three years and drive it the typ 12,000 miles a year, you ably need a new battery point during your ow You can expect to in shock absorbers, a muffle set of tires, too. You kno need a tune-up yearly, pl ing system service, lub jobs, and miscellaneous like wiper blades, fan be filters.

Here is a typical annua et for the most proba penses on a medium-siz The parts that have a three-year life expectanc been prorated. Figures w from car to car and dr driver, of course, so th somewhat arbitrary. They include the contingenci might come due with a six-year-old car that eve would need numerous ad repairs. But this is a goo ing point:

Probable annual expend
Tune-up
Cooling system service (average cost of antifreeze, flushing, and hoses)
Lubrication, oil, filters
Wheel alignment and balance
Miscellaneous (wiper blades, light bulbs, belts, minor touch-ups)

Annual pro rata of two- to three-year life expectancy compon
Tires ($50 each)
Brake system overhaul ($75 average)
Exhaust system ($50 average)
Battery ($25 average)
Shock absorbers ($50/set of four)
Total budget
(Total monthly budget)

By following the mainte recommendations in your er's manual conscientiously by using your maintenance judiciously, you'll have a kept car at all times. Seld if ever—will you have to p necessary repairs because y financially strapped at the Most important, you'll hav satisfaction of driving a me ically safer, more depend and more efficient car—one is sure to be worth more at t in time. ■

New Vera designs are outlined-quilted all over Burlington House bedspreads.



This is the way we quilt these bedspreads. We stitch around the edge of each flower and each abstract design. This makes each flower and each abstract design puff right up. As well it should. After all, each is the work of the artist, Vera, and has her joyous color and boldness. (Some bedspreads are just luckier than others.) Because they're Burlington House bedspreads, you can expect a lot from them. They machine-wash, tumble-dry, and go back to bed beautifully. They're Avisco® rayon and Kodel® polyester, and the quilting is Kodel® polyester fiber fill. If you want to put even more happiness in your bedroom, you can have Light Control matching draperies.

BURLINGTON HOUSE
ALL THROUGH THE HOUSE

Burlington House

A Division of Burlington Industries, 1345 Avenue of the Americas, N.Y. 10019.
To find where you can buy Burlington House bedspreads, call 800-243-6000. In Connecticut call 1-800-882-6500. Call anytime. Both calls free.

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How to get stains out of linens

Stop! Don't toss that stained tablecloth or bedsheet into the clothes hamper where it will lie till the next washday. Such delays allow stains to set and then they're difficult to remove. Instead, pretreat all stains as soon as possible.

Non-greasy stains: Sponge the stained area immediately with cool water. This may be all you need do to remove a non-greasy stain. Where necessary, soak stained linens in cool water for half an hour or so, possibly overnight. Then work liquid detergent into the stain and rinse. A bleach may be required for more stubborn spots, but always pretest to be sure the bleach is safe for the fabric.

Greasy stains: You can remove many greasy or oily stains with laundry detergent. Apply it directly to the stain and let it remain for several hours. Frequently, however, a cleaning fluid will be necessary (solvent works equally well before or after you wash the fabric). Place the article right side down on an absorbent pad and apply cleaner with a clean, soft cloth. Use a light tapping motion and move pad about frequently to avoid spreading the stain. Air-dry, then rinse out all traces of cleaner before putting the item into the washer.

Commercial stain removers: Still another method of pretreating stained linens is to use one of the commercial stain removers now on the market. These convenient laundry aids are especially good at removing greasy stains from durable press linens as well as other washables. Always shake the container well before using. Then spray the stain, saturating the entire area. Wait a few minutes for solution to begin its cleaning action, then toss linens into the washer with the rest of the laundry for a normal load. If the linens are still stained after this initial treatment, do not place them in the dryer as this will set the stains. Instead, continue trying to remove the stain with another method.

Stubborn stains: Certain stains, frequently found on bed and table linens, require special handling. Included in the supplies you will need is household bleach, hydrogen peroxide, cleaning fluid, liquid detergent, and household ammonia. Here's how to cope with some of the most common stains.

Alcoholic beverages and soft drinks: Soak fabric in cold water; wash in warm suds and rinse. If stain remains, soak white washables 15 minutes in one tablespoon household bleach to one quart of water. Soak colored linens a half hour in two tablespoons hydrogen peroxide to one gallon of water.

Blood and meat juices: Soak in cold water and an enzyme product. Follow with hot suds. Bleach if needed.

Butter, mayonnaise, salad oil: Scrape off excess with a dull knife. Apply laundry pretreatment spray or cleaning fluid. Rinse in cool water; wash in hot suds.

Candle wax: Scrape off surface wax, then press with a warm

Now you can put together a room like thi



THIS ELEGANT LIVING ROOM AND DINING ROOM ARE THE BEST OF TWO WORLDS. Crisp, contemporary colors blend perfectly with the classic 18th century look of Ethan Allen Georgian Court. The Oriental rug ties together the blue and white theme that's accented by just the right lemon shade of yellow on the Chippendale armchair and cane-back dining chairs. Fresh-cut flowers are an effective personal touch. Most of the decorative accents, the rug, fabrics, furniture—even the grandfather clock—are available at your Ethan Allen Gallery.

iron between two white blotters (paper towels or facial tissues). Sponge remaining traces with cleaning fluid. If color from the candle remains, sponge with alcohol diluted with two parts water and then rinse.

Catsup: Remove excess. Soak fresh stains in cool water 30 minutes or more, then wash in warm suds and rinse. If the stain remains, use an appropriate bleach.

Chewing gum: Harden the gum with ice and scrape off with a dull knife. Saturate stain with cleaning fluid. Repeat if necessary to remove gum.

Chocolate and cocoa: Prewash in cold water. If stain persists, use pretreatment spray of cleaning fluid. Bleach if needed. Soaking for a while in warm water with an enzyme product is also effective.

Coffee and tea: Soak fresh stains in cool water. If this fails to remove stain, soak item in warm water with an enzyme product, then launder. If the coffee or tea contained cream, apply a pretreatment spray of cleaning fluid before soaking.

Fruit and berry: Sponge or soak promptly with cold water. Do not use soap and water first as this may set fruit stains. Launder the linen in hot water and bleach if needed.

Gravy: Soak in cold water to dissolve the starch, then wash. If stain still shows after fabric has dried, sponge with cleaning fluid.

Iodine: Moisten fresh stain with water and place article in the sun or on a warm radiator. Sometimes a detergent treatment after a long soak in cool water will work.

Lipstick: Loosen stain with cleaning fluid. After solvent has evaporated, rub liquid detergent into stain until outline disappears. Rinse well. Repeat as often as necessary, letting fabric dry between treatments.

Mercurochrome: Treat promptly as old stains are difficult to remove. Soak linens overnight in a warm detergent solution containing four tablespoons of household ammonia to each quart of water. Rinse well and launder as usual. Bleach if necessary.

Mildew: Brush stain with soft brush to remove surface growth. Rub area with detergent and wash in hot water. Rinse well and dry in the sun. If stain remains, use a bleach.

Milk, egg, ice cream: Scrape away excess. Soak in cold water with an enzyme product. Wash in hot suds. Remove any grease traces with cleaning fluid.

Mustard: Apply liquid detergent to dampened stain, then rinse. If stain is stubborn, place the article in a hot detergent solution and soak a few hours or overnight. Use a bleach if stain is still visible.

Pencil marks: Erase with a soft eraser. If this doesn't remove marks, rub detergent into area and rinse. For hard-to-remove marks, apply a few drops of ammonia, follow with detergent, and repeat until pencil marks disappear.

Rust: Launder in warm or hot water, adding a commercial rust remover according to instructions on the label. Test first for colorfastness.

Vomit: Sponge or soak stain in a solution of two quarts of water with a half cup of salt. Rinse linen in plain water and wash with warm soapsuds. ■

even if you think you can't.

Choosing the right furniture is
ly part of the secret of creating a
autiful room. It's also how you
t together fabrics, colors, textures
d accessories so they look right
so the final result is even better
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It's pretty hard to do this well
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The finest broadloom carpeting,
riental, Caucasian and American Stencil design rugs, dozens of bedspreads, a remarkably wide array of upholstery and drapery fabrics, and a marvelous range of traditional and contemporary wallpapers.

Plus special displays to show you some of the many ways you can put together furniture, carpeting, fabrics and accessories to get the look you want.

In the Ethan Allen Home Fashion Center, you can mix and match colors and patterns until you find exactly the right combination.

And our professionally trained home planners are always ready to discuss your choices with you, to make expert suggestions, to give you as much or as little help as *you* want.

Visit our new Home Fashion Center soon. And pick up a copy of the Ethan Allen Treasury, our 388-page, full-color decorating and idea book. A $7.50 value that's yours free. For the name of your nearest Ethan Allen Gallery, see the listing on the following page.

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The Cane Collection. Only at Sears

Shortcut vegetable casseroles

ROCCOLI SUPREME

rozen broccoli, canned corn, and stuffing mix ake this one triply convenient—

- slightly beaten egg
- 10-ounce package frozen chopped broccoli, partially thawed
- 8½-ounce can cream-style corn
- 1 tablespoon grated onion
- ¼ teaspoon salt
- Dash pepper
- 3 tablespoons butter or margarine
- 1 cup herb-seasoned stuffing mix

mixing bowl, combine egg, broccoli, cream-yle corn, onion, salt, and pepper. In small ucepan, melt butter or margarine; add herb-asoned stuffing mix, tossing to coat. Stir ¾ p of the buttered stuffing mix into vegetable ixture. Turn into ungreased 1-quart casserole. rinkle with remaining ¼ cup stuffing mix. ake, uncovered, in 350° oven for 35 to 40 inutes. Makes 4 to 6 servings.

PINACH SOUFFLE PIE

o not prick the pastry shell before baking—

- 9-inch unbaked pastry shell
- slightly beaten egg yolk
- cups soft bread crumbs (about 3 slices bread)
- cup milk
- tablespoon grated parmesan cheese
- ¼ teaspoon salt
- Dash ground nutmeg
- ¼ cup chopped onion
- 2 tablespoons butter or margarine
- 2 12-ounce packages frozen spinach souffle, thawed
- 1 egg white

artially bake pastry shell in 450° oven for 5 inutes; remove from oven and cool on rack. a large bowl, combine egg yolk, soft bread umbs, milk, parmesan, salt, and nutmeg. ook onion in butter or margarine till tender ut not brown; add with spinach souffle to read mixture. Beat egg white to stiff peaks; old into spinach mixture. Turn into pie shell. ake in 375° oven for 45 to 50 minutes or till t. Remove from oven; cool 10 minutes before rving. Garnish with lemon wedges, if desired. lakes 6 to 8 servings.

NION CAULIFLOWER BAKE

reat accompaniment for a roast beef dinner—

- 10-ounce package frozen cauliflower, thawed
- 10-ounce packages frozen onions in cream sauce
- cup (3 ounces) shredded sharp process American cheese
- ¼ cup toasted slivered almonds
- 1 tablespoon snipped parsley
- ½ cup canned French fried onions, crumbled

ut cauliflower into bite-sized pieces. Prepare reamed onions according to package direc-ons: In saucepan, place 1½ cups water, 2 blespoons butter or margarine, and the two ackages frozen onions. Cover and bring to oiling over medium-high heat. Reduce heat nd simmer, covered, for 4 minutes, stirring ccasionally. Remove from heat; stir till sauce smooth.

Add cauliflower, shredded cheese, almonds, nd parsley to creamed onions. Turn into 1½-quart casserole. Bake, uncovered, in 350° oven for 35 minutes or till bubbly and heated through. Top with French fried onion; bake 5 minutes more. Garnish with a few additional French fried onion rings at serving time, if desired. Makes 8 servings.







Buying information, page 163

ETHAN ALLEN GALLERIES

See the new Ethan Allen Home Fashion Center at the Ethan Allen Galleries listed below.

ARIZONA
Phoenix .....The Manor House

ARKANSAS
Little Rock .....Carriage House

CALIFORNIA
La Mesa ..Carriage House Interiors
Mountain View .....Carriage House
Sacramento .....Kincaid Home Furnishings
San Bernardino ....Carriage House of San Bernardino
Santa Ana .....Georgetown Manor
Santa Rosa..Yeager's Carriage House
Stockton .....Georgetown Manor
Torrance .....Carriage House
West Los Angeles .....Stein's Tradition House

COLORADO
Denver .....Homestead House

LOUISIANA
Shreveport .....Carriage House

MINNESOTA
Eveleth ....Sagen's Tradition House
Mankato ..... Landkamer's Carriage House
Mendota..Swenson's Carriage House
Minnetonka .....Concord House
Moorhead .....Simon's Furniture
St. Paul..Swenson's Carriage House

MONTANA
Great Falls .....Carriage House

NEBRASKA
Lincoln ..... Davidson's American Showcase
Omaha ..... Davidson's Furniture Showcase
Omaha .....Carriage House

NEW MEXICO
Albuquerque ....Georgetown Manor

OKLAHOMA
Oklahoma City .....Village Carriage House
Tulsa .....Rich's Carriage House

OREGON
Portland (Lake Grove) Georgetown Manor

TEXAS
Amarillo .....Concord House
Austin .....Phillips Tradition Manor
Dallas .....Coach House
El Paso .....Charlotte's Carriage House
Fort Worth .....Plymouth House
Houston .....Black's Carriage House East
Houston .....Black's Carriage House West
Houston .....Georgetown Manor
Lubbock .....Concord House
Richardson (Dallas) .....Fowlers Carriage House
San Antonio ....Georgetown Manor
Tyler .....Pope & Turner

UTAH
Salt Lake City .....Brown's Carriage House

WASHINGTON
Lakewood Center (Tacoma)..Ralph Johnson's Carriage House
Yakima .....Ferguson's Informal

WISCONSIN
Brookfield .....Carriage House
Fall Creek (Eau Claire) .....Keller Furniture
Madison .....Carriage House
Milwaukee .....Schell Furniture
Wausau ....Helke's Carriage House

For a Gallery near you, if not listed above, write Ethan Allen, Dept. BHG-1172, Box 288, Murray Hill Station, New York, New York 10016

people are going to the dogs



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18048 Kitchen and Family Room Ideas 1972
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3. Please include 35¢ postage for each magazine ordered.

Is there a real valu in collecting coins

It's no way to get rich quick—unless you can afford th and money to become an expert collector, or you're enough to find a cache of valuable old coins in the atti unquestionably you'll find a great deal of value in coin col as an enjoyable hobby. And, knowing certain facts ca you get the most for your investment.

There are basically two kinds of coins to collect: 1. *memorative medallions* have no monetary face value, b increase in value as collector's items. The metal in these m lions also has some value that can increase over the 2. *Circulative coins* are, or have been, an actual medi exchange. Time and scarcity also add to their value.

Commemorative medallions

The first medallions known to numismatists (coin experts back to Roman times when a set was issued commemo ancient events. Since then, minters have been creating me honor of famous people, events, animals, or legends. medallions, often very beautiful, have no guaranteed value than the bullion weight. They are not backed up by a gover (as are circulative coins), and they depend solely on the l supply and demand for increase or decrease in worth.

Probably you've seen lots of ads recently offering meda as collector's items that could increase in value. This cu interest goes back to the upsurge in graphics during the 1 Printmakers began offering "limited issues" of prints by fa artists, each print numbered, with a guarantee that the engr plate would be destroyed after the limited print run. Im in the offer was that the passage of time, combined wit limited number of prints available, would result in an inc in the value of each print. Medal makers, seeing the enthus response to limited-issue prints, translated the idea into s commemorative medallions.

Today, limited-issue medallion sets have been minted memorating presidents of the United States, rare and e animals, poets of the Western world, historic naval battles so on. The sets are often handsomely boxed and numbere authenticate the limited edition. You'll pay anywhere fr few dollars a coin to several hundred dollars for a set. Wh or not the sets will increase sizably in value during the ten or 20 years is anyone's guess.

You can be certain, however, that the metals from w the medallions are made will increase in worth as the bu prices increase. The big question is what effect, if any, the d on the medallion will add to its selling price. If, in 20 y there is an active demand for a limited-issue matched s medals commemorating, say, rare animals, then you will r some money. If not, you might realize a small profit on increased value of the precious metal—such as silver, gol platinum—in your set of medallions. This profit may or not be better than your purchase money would have earned you deposited it in a savings bank, security, or some other of investment.

In other words, investing in medallion sets can be extre speculative. On the other hand, you don't need much tim knowledge to purchase a limited-issue, "proof" quality (pe condition) set from a reputable source.

Circulative coins

These are generally considered to be a more substantial in ment than medallions because they are backed up by a gov ment. Since they represent the economic state of that gov ment, they have a dependable secondary market. For exam

nited States $20 gold piece is currently selling for $85 on international coin market. The coin itself contains from ut $55 to $65 worth of gold bullion, according to the world t price, which changes daily. The difference in value be- en $85 and the current float price is due to the fact that this semi-rare U.S. coin, backed up by our government, and an be sold to a rare coin dealer at any time.

Collecting circulative coins is less speculative than collecting mmemorative medallions, but you'll have to participate more vely in the process. Since the odds are against your finding ly valuable rare coins, your best bet is to collect in terms an idea. For example, you might become interested in the diterranean countries during a vacation and decide to start llection of the lowest denomination coins issued in that area ing the past several centuries. Or you might decide to collect s showing prominent rulers from each century. These are ed *"series"* coins, each one part of a series used over a ain period.

Or you could collect *"type"* coins—a complete grouping in certain category. Say you're interested in one specific coun- and want to collect one proof-condition coin of every de- nination ever issued by that country. Or you may decide to in a collection of one of each denomination of U.S. coins r issued by a certain mint.

The point is that a well-thought-out collection will increase value over the years and bring you substantial profit, accord- to Norman Stack, a partner in America's oldest and largest n dealership. Such a collection is a highly individual activity, wever, reflecting your personality, time, and income. Once you ne up with an idea, it's wise to seek professional advice to if the idea is feasible in your particular circumstances. If have limited time and are willing to spend only $100 a r or so, your coin collecting theme naturally must deal with obscure coins than if you had unlimited time to look for ns and were able to spend several thousand dollars each year.

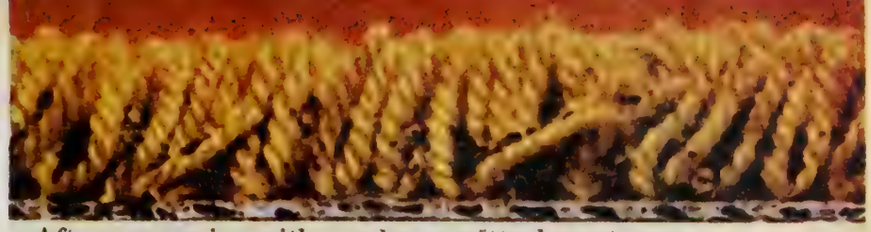
oosing a dealer

w serious collectors can work well without the assistance of a utable dealer, even though you might purchase many of your ns from other sources. When you're looking for a dealer, d out how long he has been in business, and if he publishes ce lists and catalogs. If possible, ask your bank to check his dit rating. Or drop a note to several numismatic publications see if they have ever had complaints about the dealer.

r more information

u might start with reading Richard Youman's book, "A uidebook to United States Coins," published by the Whitman bby Division of Western Publishing Co., Racine, Wisconsin. r current information, try the weekly paper, "Coin World," blished by Coin World, Inc., Sidney News Building, Sidney, io ($6 a year); or the monthly "The Numismatist," available $10 per year from the American Numismatic Association, 8 North Cascade Ave., Colorado Springs, Colorado. Finally, p a note to the American Numismatic Society Library, oadway at 55th St., New York City, for their list of recom- nded introductory books.

Don't forget: Aside from the possible income you might some y gain by the sale of your coin collection, there is the day-to- y benefit you and your family can enjoy as you become miliar with your collection and read about other coins. Every in has a story behind it—a sculptured portrait, a portrayal of historic event, a commemoration of a famous place. ■



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Ice storm arrangements

The bouquet above captures all the fresh glitter and sparkle of trees after an ice storm. But these prism-like formations won't melt away. Once awash with glittering crystals, the arrangement lasts for months. You can create this spangled effect by dipping dried materials in a solution of alum and water. It's impossible to predict just how the crystals will form. One branch may be heavily coated while another attracts only a few giant "jewels." (Caution: the crystals are toxic so don't let kids nibble.) Our arrangement features branches, dill, wheat, luneria, cones, and thistles.



Mix one pound of alum (use lump type rather than powdered) with one gallon of water in a galvanized metal bucket. Heat till solution is clear. Remove from heat and let it cool.



Photographs: Hopkins

Place stick or dowel across top of bucket. Tie individual branches along stick with string or wire and immerse in solution. Crystals will form after one night. Let dry, head down.



Should a woman use Tide just because Hamilton packed a coupon for a free box in her new washer?

No. That coupon may be enough to get you to try Tide. But we know it won't be enough to get you to stick with it. You have babies in diapers and little boys that get dirty constantly. So you consider yourself the final judge of how a detergent performs. And that's just fine with us. Because when you try Tide, you'll get a beautiful, clean wash. And that's the best reason to continue using it.

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e has agreed with Washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

makers of 24 washers pack Tide coupons in every top-loading automatic.



Berried branch designs

If you think fall branches and flowers have to be arranged in big clumps—take a look at our four autumn abstracts. We've used beautiful, free-form berried branches for the basic design, then filled in with different varieties of mums for accent. You can use other late-blooming flowers if you prefer, such as marigolds or zinnias. Naturally, it helps if you happen to have a few contemporary containers. Good ones are now available in all price ranges.



Horizontal plan, above, shows off lovely Sargent Crabapple branches with anemone mums. Robot-like container with three legs has a narrow mouth so it's relatively simple to compose branches and blooms without a needlepoint. One long horizontal branch is bent to the left and placed in the neck, then a shorter branch is placed vertically. Cut off from the top the berry sprigs that spoil the clean line concept. Fill in with loose assortment of anemone mums, being careful not to hide the branch structure. A forked stick keeps branches upright.



Graceful Oriental curve, below left, is achieved with intertwined bittersweet and a combination of Shasta and pompon mums. Near the head of the abstract bird, place a large needlepoint and secure the first curved branch on the right side of the holder. The shorter corkscrew branch is set at an angle to the left. Having established the basic design, add the flowers in a compact grouping. If the bittersweet stems are short, attach to stripped vines with short wires.



Striking vertical arrangement is made with black haw Viburnum branches and Fuji Mums in two barber pole striped containers. Resembling miniature olive trees, these branches grow in relatively straight lines. To take advantage of their structure, use them in upright positions. The taller container features a horizontal branch with two mums cut at varying heights. Lower container echoes the composition with shorter branch leaning to left.



Photographs: Mike Dieter

This cascade composition of the regulation crabapple (with massed mums complementing the structural design) can be duplicated with many other berried branches. Choose a branch with this natural formation, if possible. If not, gently press branch into a curve between the thumb and index finger. Place to the rear left of the bolster vase and prune berried twigs that detract from the basic line. Mass mums in triangular shape following outline.

Ed Worth is tackling something he never thought he could. Paneling his kitchen with Wayside Inn.™



There are two things you should know about Ed. He has a big, old house. And a wife who likes country kitchens.

Ed likes country kitchens, too. But not enough to think he could take on the paneling by himself. Just looking at those exposed pipes in the corner made him nervous.

That was before The Book. *Wally Bruner's Guide to Wall Paneling.* She got it, he read it and discovered practically everything there is to know about installing paneling. He also decided he would be able to handle the job after all.

The exposed pipes had been his big worry. The *Paneling Guide* shows how to build a simple box frame of 2″ x 3″ lumber around them. Then, applying Weldwood Panel Adhesive (you use it for the whole job), how to put the paneling in place. And what was once an ugly corner can become part of a neatly paneled room.

Of course, Ed is delighted with the money he can save by doing it himself. It means he can afford better



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If you've got a room you'd like to panel, but you're afraid it's too hard for ou, we suggest you read Wally Bruner's book, too.

Wally hosts a new do-it-yourself TV show, "Wally's Workshop." His *aneling Guide* takes you through the whole paneling story, step / step. *And* shows you the many panels U.S. Plywood makes. *nd* gives you decorating ideas and accessory information.

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I think I could, if I had some help. Please send a copy of *Wally Bruner's Guide to Wall Paneling.* Enclosed find 50¢.

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tic Romany atmosphere. Mom's skirts, scarves, borrowed costume jewelry ma assembling a costume a snap. Let the k create a gypsy wagon from old cart and provide a few props for fortune telli



Safari table draped with fake fur a set with bright pottery dishes greets the turning "hunting party." Centerpiece made with a few stalks of gladiolus in t low bowls accented by candlestic trimmed with tape, poster paint, and b of leather glued to the bottom.

Safari parties need lots of space. If yo backyard isn't big enough, transport t group to a nearby park or picnic area. L them track wild game (with prearrang clues) or make it a scientific expediti and collect leaves, mosses, and ston Lots of prizes delight the hunters.



Young braves and squaws are rea for hearty fare at a table decorated wi Indian corn and bundles of wheat drap with a firebird necklace. Indian potte bowl holding bittersweet is decorated wi felt marking pens. A blanket with a ge metric design serves as a cloth. At t powwow, keep the guests occupied wi some ear-shattering backyard games: ve ison hunt, relay races, and tug-of-wa with a grand finale of tribal dances.

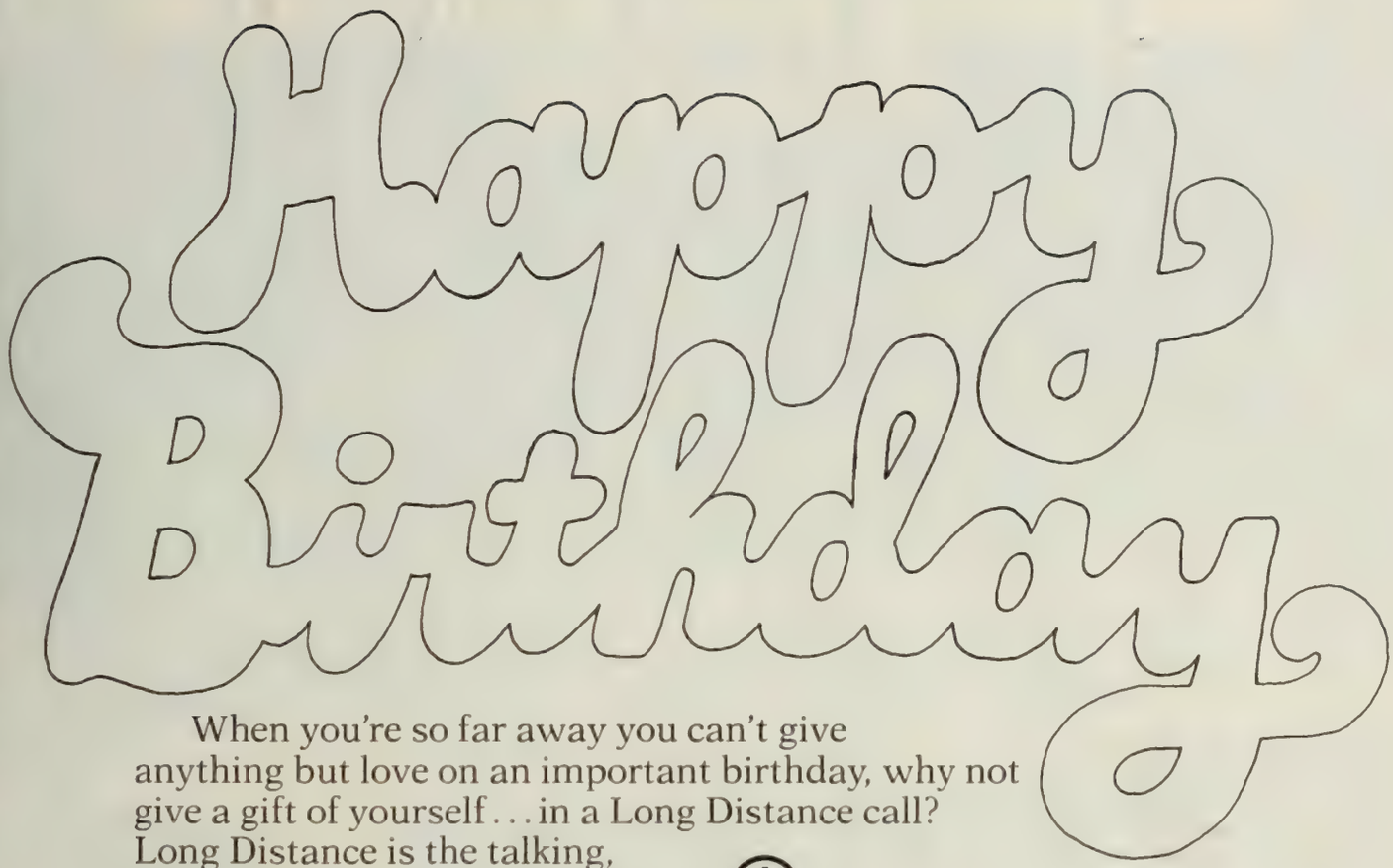
Themed parties for kids

Photographs: Hopkins



Birthday, sports rally, or "I didn't get to give a party last year"—to a kid, they are all valid reasons for having a party. Once you commit yourself, why not go all out and make the party something special? The ideas don't have to be new—in fact, tried and true favorites are more readily accepted. Choose a theme, perhaps one of the three we've suggested, and you're well on your way to a successful party.

Gypsy-caravan table setting gets its camping-ground look from tambourines, wild grasses in mugs, and strings of beads atop a brilliantly striped cloth. Basket liners for plates and homespun napkins cinched with curtain rings add an authen-



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The joy and adventure of family skiing



Photograph Erwin

There was a time when ski areas boasted of their steepest slopes and most resplendent lodges, when only the untrammeled young, the rich, and the famous cavorted on our mountains in the winter. All this has changed. At long last, ski resorts have come to realize that in skiing, as in everything else, it takes families to make the wheels really go round.

Indeed, few other activities can be enjoyed in equal measure by all family members, from toddlers to hardy grandparents. The invigorating air of snowy mountains, the challenge of physical skill, the thrill of speed, the sheer beauty of sparkling winter landscapes—these have their appeal for everyone.

To attract the vast new family audience, ski promoters now select their terrain not to please racers but for beginners and average skiers. Gentle slopes are groomed to make them smoother still. Special machinery shaves bumps and packs the snow. Everything is being done to make your introduction to the great sport as easy as possible.

At the same time, glamour has yielded to practicality. While big-name resorts still have their quota of elegant "in" places, today's emphasis is on reasonably priced lodges, motels, restaurants, and self-service cafeterias. Almost every area of any size has its ski nursery, often staffed by professionals, where your youngest children can play for 50¢ to $2 an hour and eat lunch while you're out skiing. For toddlers, there are preschool ski schools, where tots play ski games and engage in kiddie races. For older children, there are regular ski classes. After supper at a ski lodge, your youngsters can get lost in special game rooms equipped for table tennis, pool, and movies.

To take some of the pocketbook sting out of skiing—since it is by no means an inexpensive sport—family lift rates are common. Pre-teeners usually get 20 to 40 percent off. At some areas, preschoolers ski for free. Bargain "learn-to-ski" packages, offered at most resorts for five-to-seven-day periods, combine accommodations, lifts, school, and sometimes meals, at drastically cut rates. To give wives living near ski resorts a chance for midweek skiing, many areas organize "ladies days" at a reasonable flat rate that covers transportation, lessons, lifts, baby-sitting, and sometimes wine and cheese klatches at the end of the day.

In short, the way winter resorts are run today, you'll feel right at home. Just like you, most people on the slopes are looking for easy runs where they can have fun. Trying to pare expenses, they make their vacation headquarters in informal places where they don't have to worry about fancy dress. Like you, too, they're looking for new friends. That's one of the many wonderful things about skiing: it promotes a camaraderie that makes it perfectly natural to talk to anyone you meet.

The ski life

Not only the general friendliness, but the very layout of ski resorts is reminiscent of the intimacy of small towns. "Main Street" is where the lift starts. Here, in the smaller areas, you'll find the base lodge, with lift ticket office, ski school desk, ski nursery, cafeteria, and rental shop. In larger resorts, these facilities are clustered nearby, together with sport shops, restaurants of all kinds, fashion boutiques, hotels and ski lodges, drugstores, maybe a movie, and certainly "après-ski" bars and discos.

In all but the biggest resorts, faces soon become familiar. You see the same families on the slopes, at lift base, in the warming house on top of the mountain, and in the various establishments of the village center. Most familiar, of course, will be the other people staying at your lodge. You'll join them at breakfast, at dinner, and in the evening when everybody gathers by the cozy fireplace.

The ski day starts fairly early, since you don't have many hours of daylight. Lifts generally crank up at nine to allow eager beavers to get started. The big rush comes between ten and eleven, since ski classes usually begin at ten, and they get priority in the lift lines. Thus, unless you're taking lessons, it's a good idea to start earlier, when the lifts first open—not only because the crowds haven't materialized yet, but because the early-hour snow is excellent.

Getting out of bed is easy enough, for excitement beckons. Throw open your window and take a breath of that clean, brisk air. On sunny days—and they come far more often than you'd think—that first bright light will stun you with its brilliance. There's a blue-white-green world outside, all clean and shiny, and as you look down the street and out to the slopes, you'll see the color splashes of the first skiers—for skiing has become a very colorful sport, with the clothing in cheery stripes and patterns, and the skis in sharp enamel gloss.

Getting dressed takes awhile because of the different layers you'll need. You'll probably want to interrupt the dressing process and go down to breakfast before putting on your boots, which make a lot of noise and are awkward to walk in.

Then it's time for the outdoors. Chances are you'll all start off together, but don't believe any nonsense you've heard about skiing being an all-day togetherness sport. That applies only to families where everybody is equally talented or equally inept. For one thing, you can

Continued



be fairly sure that your kids won't ski with you for long. They'll either go to children's classes, or, once having mastered the fundamentals, run off on their own at speeds you can't possibly match. And while husbands and wives taking lessons together often progress at about the same rate, this isn't always true, and in any case one or the other may not want to spend all day every day on skis.

Among favorite non-skiing activities is suntanning on the terraces of lift-top warming huts, base lodges, and hotels. In cold weather, you simply bundle up; the sun will still perform its cosmetic tricks. Many resorts and individual lodges now offer heated indoor and even outdoor pools sheltered by windbreaks, as well as saunas and skating rinks. Sometimes, there are special events like ski races and hockey games.

But the major reason for going to a ski area is of course skiing, a sport where everything's a thrill. Just riding up a chair lift is a real adventure each time. Not because it's dangerous, which it isn't, but because of the changing perspective you get as you're being wafted upward, first over the lodge roofs, then over the slopes, with skiers dancing their slim-hipped wedeln ballets beneath you, white spray in their wakes. Nearby mountains sink as you rise; other peaks behind them poke into view, and when you get off it seems as if you've got the whole world at your feet.

All you want to do is go, go, go—to master the techniques that will allow you to speed with your skis hissing under you, learning those lovely elegant turns and snow-cloud-raising stops that make everyone look up. You may never get that far, but you'll have a lot of fun on the way.

You'll interrupt your skiing day only for lunch, up top or at lift base, and then you'll snap your bindings back on for the afternoon. Ski classes generally start again at two, and end at four, which is a good time to quit, especially for inexperienced skiers, since winter dusk comes early, and in the gray light it's hard to make out snow contours. If the day's been warm, the snow ices up when the sun goes down, and you'll find yourself scratching and skidding. It's quitting time indeed: most accidents happen when skiers are pooped at the end of the day.

Now for that hot pool dip, for the sauna, for the mulled wine, and finally a big dinner.

Serious skiers sack out early, after a drowsy session by the fireside. Late nights, let alone hangovers, make for wobbly legs the next morning. But if you're so inclined, there's generally no shortage of evening entertainment, from candle-lit taverns to dancing, bars, and shows. At most areas, you don't have to worry about leaving your kids asleep in the room when you go out. Ski resorts in general, and ski lodges in particular, are among the few peaceful places left in this world. However, baby-sitters are usually available if you do want them.

How safe is skiing?

It's a lot safer than ski cartoons lead you to believe. Of every 1,000 skiers on a slope, only about five end up on the rescue toboggan, and then just as often with a sprain as with a fracture.

The classic accident preventives are good gear, common sense, and preseason exercise. Don't expect to get into condition while you are skiing. You've got to do that in advance. Fifteen minutes' calisthenics a day will help you shape up. Specifically, you can strengthen your legs with half knee bends—that is, not all the way down. To improve stomach muscles, do sit-ups. Another good exercise is waddling like a duck—forward, backward, right and left, hands on hips. For endurance, try jogging, jumping rope, or cycling.

Good gear primarily means high-quality bindings, in good condition. They must clamp your boots firmly onto the skis, yet release in a tumble that applies torque to your leg. If a binding lets go too easily, you can drop a ski as you're speeding along—and that's no joy. On the other hand, if bindings don't let go in a real crash, the weight and length of your skis will be levered against your legs. Buying top-notch bindings, even those equipped with the excellent new antifriction devices, is not enough. Have your bindings' release mechanisms tested at the beginning of every season. That'll cost about $2—a lot less than a doctor bill.

Missing ski edges, warped skis, loose boots also cause mishaps. Check the equipment you buy or rent (see below), and keep checking the equipment you own.

Finally, there's commonsense—intelligent (but not panicky)—caution. Don't ski when you're tired or famished. Never go so fast that you can't stop. Don't venture onto slopes that demand more skill than you have. Always watch out for other skiers—ahead of you, beside you, behind you—for collision is a big danger on popular slopes.

Make sure that you and your youngsters know ski-run markings. Their colors and shapes indicate the relative difficulty of the runs. In North America, a green circle means easy; a blue square tells you that more skill is required; a black diamond means a run is steep and tough.

Always study the trail map of your ski area; it's available free almost anywhere you go. Carry the map with you if the layout is so complex that you can't remember it all. That way you'll never get on a lift that'll let you off where you can't ski down.

But if worse comes to worst and you're stuck, don't let your pride toss you in the orthopedic ward. Ride the gondola or chair lift back to the valley, even if other skiers seem to look down their noses at you. Of course, once you take a surface lift, such as a T-bar or platter-pull, that drags you up on your skis, you are committed. In that case, if you find the going too rough, traverse to the side of the run, take off your skis, keep a firm hold on them, and climb down or hump down on your seat until you can manage again.

Clothing and equipment

Outfitting a family can run into a lot of money. If you're able to afford the $1,500 to $2,000 it takes to dude up a family of four, go to it. If not, here is where you can start cutting corners.

Forget about fashion. You need to be warm and safe, not up to date. Last year's model parka, available at a discount store or big sporting goods outlet, will work just as well as a new one. Ditto old-model pants. Jeans are in with the teens and pre-teens (but are not practical for beginners; you'll get soaked). Sweaters and socks don't have to come from exclusive specialty shops.

As for equipment, if you plan to ski only a few times in a season, renting will be more economical than buying. Certainly as a first-timer you shouldn't make that big investment. After all, there is the possibility that you won't like skiing.

But beware: rental equipment is often inferior and sometimes downright dangerous. Also, rental shops in ski areas may be out of the sizes you need for your family. Your best bet is to rent the equipment where you live. Take a skiing friend with you—one who really knows ski equipment—and let him advise you. Renting back home also can save money. Typical rates for skiis, boots, and poles run about $8 to $10 per day in ski resort shops. Back home—or in a city en route to the resort—you'll pay around $4 to $6.

When you do get ready to buy your own equipment, pick it up before the season, in September,







Photograph, Rowan Photograph, Pearson, Manheim

or take advantage of post-season clearance sales in March and April. Also keep in mind that last year's models in skis and boots—nowadays they change trim like cars—are often available at 25 to 50 percent discounts. This may mean $100 instead of $180 for a pair of good skis with bindings.

Concentrate on finding quality boots that fit snugly without hurting. You don't need those $150 poured-plastic miracles as a novice, or even intermediate. You'll do just as well in $50 to $70 boots. Buy used boots for your growing children, and resist the temptation of buying for two years ahead, for a too-large boot is neither safe nor conducive to good learning.

Kids under seven or eight are toughest to outfit. Stay away from those cheap kiddie-ski package deals. The bindings won't release properly, and the stiff wooden skis won't permit your child to flatten them on snow. Good second-hand skis are far better for young children, and even teen-agers.

As pointed out before, one item on which you must not try to save is on bindings. They can either make or—literally—break a skier.

Is ski school worth it?

The answer is an unqualified yes. Even accomplished skiers can profit from lessons; and for novices, instruction is essential.

Without a teacher, you'll fumble around for days, quite possibly to the point of frustration that'll make you call it quits. But take one or two lessons, and you'll have the feel of your skis; you'll have learned to come downhill for a short stretch, and you're beginning to make your first turns. Awkwardness and apprehension soon vanish. You start to have fun.

As a beginner, you won't need private lessons, which may cost anywhere from $10 to $15 per session and are a worthwhile investment only for good skiers who want to get better. To get started, you'll actually benefit more from being in a class, at a typical cost of $5 to $8 for the half-day.

Unless you are athletic, you'll learn most easily and quickly in a school that teaches the graduated length method (GLM), which puts you on very short skis to start with, and works up to normal ski length as your ability increases. In this case, the graduated ski sets are furnished by the school, and you don't have to rent in advance.

With the GLM method, a lot of people master the basics in just three or four days, and are then ready for real skiing. But watch out for the school that claims to teach GLM yet merely starts students on shorty skis and leaves them there. Shorty skiing is good fun and games, but it restricts your speed and is limited by snow conditions and terrain. If you want to become a truly proficient skier, you must learn to handle standard skis.

All but the tiniest ski hills have ski schools—although most have not adopted GLM—and almost all instructors are "certified," which means that they have passed a test. It does not necessarily mean that they are good teachers. Nor is every Austrian or Frenchman a teaching wizard.

In choosing a ski area for its school, about all you can go on is its general reputation. You might talk to people who have taken lessons there and find out how much they have been helped. Try to learn the names of specific instructors they liked. It's well worth sacrificing other considerations if you can get a teacher who comes highly recommended.

Teaching your children

Small kids get a tremendous kick out of skiing. In the Rockies, they often get their first skis when they have barely learned to walk. That's one reason why so many ski champs come from our mountain states.

But it's wise to take out toddlers and even kindergarten-age kids only in good weather. Small children must be warm and dry, or they'll hate the whole thing. Don't try to teach them right off. They couldn't care less. What they want is the excitement of motion. Let them chase each other. Build gates of ski poles (two stuck in the snow and a third hung through their wrist loops), and let the youngsters duck through.

If you are a fairly competent skier, you can hold your preschooler in front of you, his skis between your skis, and trace careful curves down the hill, or even take straight runs where it isn't too steep. When you see a bad bump coming, lift him.

If your area has a kindergarten on skis, take advantage of it, and if your kids are of school age, put them in a class. Naturally, you should never force a child to ski. If you do, you may spoil the sport for him forever.

Cross-country skiing

Once Scandinavia's most important form of winter locomotion, "Nordic" skiing has come into its own lately as a sport. It's easy to understand its increasing popularity. Cross-country (also sometimes called "touring") is safer, easier, less strenuous, and cheaper than downhill skiing.

Most major U.S. ski areas now teach cross-country technique. One or two lessons are generally enough. The entire family, including young children, can take a short tour together—two hours isn't too much even for a school kid—and enjoy the solitude and silence of winter, away from the crowds.

High speeds, collisions, and fractures are not part of this gently sliding sport, and the equipment is lighter: low, soft boots; narrow skis without edges; bindings that clamp in only boot tips so that you can raise your heels for walking. The whole package rents for about $5 a day. Any warm winter clothing will do. Inquire

Continued

about the terrain, check on the weather, and take along a picnic lunch.

(For some outstanding family ski touring opportunities, read "The Winter Splendors of our National Parks" in the forthcoming January 1973 issue of *Better Homes and Gardens.*)

Skiing on your budget

It all boils down to the kind of vacation you want. Official tourist offices of the ski states, local chambers of commerce, and the lodging services of individual ski areas can provide you with brochures and descriptive listings to help you plan your stay at prices you can reasonably afford.

You have these basic choices:

One, lodges that give you bed, breakfast, and dinner. Prices range from about $10 to $30 a day per person, and children generally get only minor reductions. As a general rule, lodges closest to the lifts charge the highest rates.

Two, hotels and motels. Here you pay about $15 to $30 per day for a family of four sharing one room. Housekeeping units in simple motels within reasonable driving distance of resorts are often available for about $20 a day, and if you're willing to cook, they are a good bet.

Three, kitchen-equipped condominium apartments and resort chalets. Rock bottom is about $120 a week for a place that sleeps four or five. Depending on size and luxury, you may have to pay $200 a week or even more. But if your family is large enough, or if you team up with friends, you may well find that you come out ahead. Also keep in mind that teaming up means shared housekeeping chores.

By all means, shop around for "learn-to-ski weeks." Even traditionally high-priced resorts give substantial discounts on these specials. Group rates can mean yet greater savings, which accounts for the popularity of ski clubs. Some travel agents also offer group discount rates.

Unless you're going on such a package deal, remember that the super-resorts charge the highest prices not only for lodgings but also for lifts and ski classes. When you pay $9 to $10 per person for a day's lift rides, you've shot a good portion of your budget. The same ski mileage may be had at lesser known places for about $6. Beginners can save even more by picking an area that features no gondolas and tramways but only chair lifts or surface lifts. In the latter areas, which may however offer very good skiing, you can get by for as little as $3.50 to $5. Sometimes you can obtain similar savings at the big areas by buying tickets limited to the lesser lifts.

Always check the prices of multi-day tickets, and try to avoid weekend skiing (unless it's included in the multi-day ticket), since rates usually go up on Saturdays and Sundays.

Picking an area

For your first ski trips, you'll probably be tempted to stay close to home. That could be a big mistake. Any ski area within easy driving range of population centers is bound to be jammed on weekends and holidays; at those times, a few extra traveling hours often pay off handsomely. On weekdays, however, nearby resorts—small as they may be—are often best, especially for novices and beginning intermediates who, after all, don't require the world's most exciting runs.

By and large, your criteria should be these: reputation of the ski school, variety of accommodations, children's activities, equipment rental facilities. For a longer vacation, you'll also want to consider scenery, atmosphere (some resorts bustle, others are quiet), extent of lift-served terrain, probable snow conditions—and of course whether the prices suit your pocketbook. Keep in mind that special ski-week package rates do not apply in holiday periods.

Here is a sampling of some of the best among the many excellent family ski places from coast to coast. We have made it a point to include a number of relative "unknowns" along with the more famous resorts.

WEST

Aspen, Colorado, is unique in North America for the sheer scope of its skiing and after-ski life. There are four big ski mountains, 50 heated swimming pools, 30 restaurants, 40 saunas, entertainment for every taste, shops of every description, accommodations in lodges, motels, and condominium apartments for every pocketbook.

Although each of Aspen's four separate ski areas has terrain suitable for all classes of skiers, Buttermilk Mountain caters primarily to beginners, Snowmass Mountain and the Highlands to intermediates, and Aspen (or Ajax, as it used to be called) to advanced skiers. All told, there are some 2,000 acres of ski trails to choose from, some 300 instructors to teach you, and some 30 lifts.



Photograph: de Gennaro

For wives who don't ski, the shopping in this former mining town includes high-style sportswear boutiques to rival New York's, interesting arts and crafts stores, and superb pastry shops.

As for the kids, when they tire of skiing, they can slide on saucers, take sleigh rides, go ice skating or swimming, play table tennis, and on and on.

Package plans starting at about $130 a person for six days (seven nights) are available for skiing at all four mountains. Without package plans, the daily lift rate comes to about $10 for a combination ticket that covers Aspen, Snowmass, and Buttermilk. For information, write: Aspen Resort Association, Box GG, Aspen, Colo. 81611.

Dodge Ridge, California, on Highway 108, some 30 miles east of Sonora, likes to call itself "California's Foremost Family Resort." And true: Almost everything at this homey ski place is slanted toward the thousands of San Francisco Bay Area families that drive up on weekends in all kinds of weather and in all manner of ski clothes. Its treeless slopes are wide; the lifts (six chairs, a Poma, and four ropes) suffice for the crowds, and the runs are easy and not too long, with a maximum "vertical" —the altitude difference between the tops and bottoms of ski runs—of 1,000 feet.

Lodgings come simple and inexpensive. During the week, a plain family room costs just $16 for three, and $20 for six. (Try the Strawberry Inn.) The ski school encourages repeat business by selling ten-lesson tickets at about $3.50 per lesson, transferable within the family. Lift tickets are similarly inexpensive, and kids get huge discounts. The "Bunny Den" nursery, run by a doctor and his ex-nurse wife, takes children from ages two to eight.

Ski packages are available with accommodations at the nearby towns of Strawberry, Pinecrest, Long Barn. A one-day lift ticket costs $7. For information, call 209/965-3474.

Alpine Meadows, California, is another all-out family resort. Wherever you look, you'll see parents with children. Why? There are plenty of reasons: the terrain consists of numerous bowls and open slopes that make for easy, agreeable skiing; the elevation is not frightening; the chair lifts are operated slowly by careful personnel; and the views from any point take in the wide sweep of the Sierras and beautiful Lake Tahoe.

Family appeal is further en-









hanced by sensible prices (a child's all-day ski lift ticket costs $5, and a child's lesson $3). All in all, Alpine Meadows makes for an exceptional friendly experience. The closest airport is Reno, Nevada. For information, write: Alpine Meadows, Tahoe City, Calif. 95730, or call 916/583-4232.

Big Mountain, Montana, is the biggest of that states's ski areas (at least until Chet Huntley's Big Sky opens next year), with 23 runs, five lifts, a vertical of more than 2,000 feet. Located at Whitefish, Montana, it is only 25 miles from the Canadian border — virtually inaccessible, you might think. But the Great Northern Railway runs in ski trains there from the Midwest and from Seattle, and nearby Kalispell airport is serviced by Northwest and Frontier. Nevertheless, the relative remoteness means limited attendance and a friendly, intimate atmosphere. A wonderful view into Glacier National Park, and the weird shapes that the trees take on after snowstorms, make the place a favorite of photographers. Skiing is on open slope, mostly for intermediates.

A weekend lift ticket costs $6, but ski packages are available including lodging, three meals a day, ski lifts and lessons, and transportation to and from the Great Northern depot and to and from the mountain if you stay in Whitefish. For information, write: The Big Mountain, Whitefish, Mont. 59937, or call 406/862-3511.

Sandia Peak, New Mexico, started its life as La Madera ski area when a rope tow was installed back in 1937. Popular with Albuquerque skiers, it grew and prospered over the years, but it wasn't until 1966, when the Sandia Peak tramway was completed, that the area became practical for vacationers. The aerial tram's base station lies just 25 fast miles outside Albuquerque, and once aboard the tram, you're on the top of Sandia's 10,378-foot summit. Here five lifts serve mostly gentle runs with a vertical up to 1,750 feet.

The summit terminal houses a popular nightclub and restaurant with a marvelous view of Albuquerque, particularly impressive at night. Accommodations in town in all price ranges are practically unlimited.

And as you ski on sparkling white snow, New Mexico's golden desert stretches out below you in the distance. Suntans are practically guaranteed. For information, call 505/242-9052.

Park City, Utah, was a silver boomtown back in the 1870s. In 1898, a fire almost destroyed it; the collapse of the silver market about finished the job. Today, it has been reborn as the center for two major ski resorts: Park City and Park City West.

Less than a half-hour drive on I-80 from Salt Lake City's airport, it is more accessible in terms of total traveling time than many New England areas are to New York, Michigan areas to Chicago, or Sierra areas to Los Angeles. Park City, with its mine-tunnel lift and mining-town decor, appeals more to families; Park City West, with its somewhat more challenging slopes, to the more serious skiers. The full-rate lift ticket at each is $6, but there are all kinds of combinations and packages available to make a vacation quite reasonable. Some rooms go for as little as $65 a week. Plenty of après-ski life. For information, write: The Park City Chamber of Commerce, Box 758, Park City, Utah 84060, or call the Utah Ski Reservation Center: 801/355-5544.

MIDWEST

Boyne Mountain, Michigan, likes to talk about itself as "Boyne Country" because the same outfit owns Boyne Highlands at Harbor Springs, Thunder Mountain at Thumb Lake, and Walloon Hills at Walloon Lake. Boyne, at Boyne Falls, is only five minutes from Thunder, a half-hour drive or so from the others, so the interchangeable ticket ($8) you get when you ski at Boyne or the Highlands could give you a diversified day. Thunder and Walloon are smaller and charge less, but you can trade in your ticket for the difference to ski at either of the bigger ones should conditions not suit you.

Boyne gets the biggest crowds —not just of Boyne Country, but probably of the whole Midwest, even though it's a healthy 343 miles from Chicago, 248 from Detroit. It has 17 runs served by nine lifts including two chairs that load four at a time. Despite a vertical of less than 500 feet, there are some steep runs here as well as at the Highlands—where nine lifts serve a somewhat more imposing vertical.

Still, the emphasis is on broad, well-groomed, easy slopes. Of special interest to families are excellent children's programs. During a five-day ski week, the kids not only get morning and afternoon ski classes, they also eat with their instructors and participate in an after-dinner program including movies, sleigh rides, ice skating, and games. For information or reservations, write: C. Mell, Manager, Boyne Country, Boyne Falls, Mich. 49713, or call 616/549-2441.

Caberfae, Michigan, has 22 lifts, 15 of which are rope tows. At some areas, skiers consider ropes an insult to their dignity, but at Caberfae, it seems to make sense. The area, one of the oldest in the country, is a long ridge with a vertical of some 450 feet. To get in a lot of skiing, you want to go up and down with a minimum of fuss and bother. And that's what more than 80,000 skiers a year (coming from Detroit, 194 miles away; Chicago, 279; and points between) do on its 30-odd runs. A full-rate lift ticket is $5.50; there's a nursery, the usual shops, rentals, ski school, etc., plus swimming, cross-country, snowmobiling, ice skating, even ski jumping—all included in the ski packages at the on-site Edelweiss Lodge or from a wide choice of inns in nearby Cadillac. For information, write: Caberfae, Box 424, Cadillac, Mich. 49601, or call 616/775-9984.

Mt. Telemark, Wisconsin, like most Midwestern areas, can't boast long runs—its vertical is only some 375 feet—but it does have variety, including some runs with real challenge. To lure those who might be tempted to

Continued



Photograph: Rowan

fly west rather than motor north. Telemark has an after-ski program that's hard to beat. The base lodge has a rathskeller for adults, a disco for teen-agers, a nursery for the kiddies. A new $5 million lodge at the slopes is scheduled to provide luxurious accommodations. About 20 miles away is Old Hayward, a restored logging town that now offers wholesome topflight entertainment. There are some 15 lifts at the area, with a full-rate ticket selling for $6. Accommodations in nearby Cable are so reasonable that the American Youth Hostel dorms there are among the higher priced lodgings. For information, call 715/798-3311.

EAST

King Ridge, New Hampshire, is one of those nifty little places that families like because they can easily keep track of one another; yet the skiing is diverse enough so that each can do his own thing. The "vertical"—i.e., the vertical distance from lift base to lift top—is rather modest at 500 feet, but there's a super-gentle J-bar for beginners, a nice chair ride for novices, and a couple of T-bars on more advanced terrain. There will be a new triple-seater chair this year, and a bit more vertical.

What's unique at King Ridge is that lift lines are kept short despite the resort's easy access from big Boston—less than two hours by car. This is accomplished by a reservations policy in effect on all lifts, except the J-bars, on weekends and holidays. You pay $10 for a reservation card; from then on you write or call to reserve your ticket, which costs $8 for adults, $5 for children. No reservations are needed in midweek, and rates are lower too. There are no overnight facilities in the area itself, but you'll find a wide choice of lodgings, many with ski packages, in nearby New London and Sunapee. Write: King Ridge, New London, N.H. 03257, or call 603/526-4801.

Sugarbush, Vermont, has been trying hard to convince people that it really is a family area and not New England's version of St. Moritz. One assumes that celebrities do ski here, as they do at every well-known ski resort, but the soggy-jeans look is as prevalent as elsewhere. An even more persuasive argument is that Sugarbush boasts one of the best slope-side nurseries in the country.

The view from the top of Lincoln Mountain is as fine as any that Vermont offers. So is the skiing on the area's slopes. The emphasis is on intermediate skiing, with separate areas for beginners (Gate House) and experts (Castlerock), so they don't run into each other. There are 2,400 vertical feet altogether, served by three-passenger gondolas, four chair lifts, a T-bar, and a Poma. At night, you have your choice of low-down rock and high cuisine, and anything in between that appeals to you.

A full-rate lift ticket costs $10 a day. Nearby lodges charge from around $15 a person on up, two meals included. The Hotel Sugarbush, right at the slopes, comes to $9 to $13 per person, room only. Typical ski weeks offered by nearby highway inns start at about $95. For information, write: Sugarbush, 902 Forest Service Road, Warren, Vt. 05674, or call 802/496-3381.

Mont Tremblant, Quebec, is the biggest, most luxurious resort in the Laurentians, a place as memorable for its lodges as for its mountain. In the woodsy lodge atmosphere, you can enjoy the finest of French-Canadian cooking. As for that trembling mountain, there are some trails that can give anyone the trembles—the famed Flying Mile, the Kandahar, the Ryan. But there are equal delights for the less accomplished: the 2,200-foot vertical, served by five chairs and four T-bars, offers an extensive network of varied trails. The lifts cost $6.50 a day, which isn't bad at all—but the lodge rates can get steep: from $135 a week up at Mt. Tremblant Lodge, for instance.

Less costly lodges, however, can be found nearby along the Laurentian Auto Route, and there are housekeeping cottages. Write to Information Touristique, Box 605, St. Jovite, P. Q., Canada.

Stratton Mountain, Vermont, eighteen miles from Manchester, is surrounded by deep forests, but once you penetrate them you're rewarded by a well-groomed mountain, well-maintained lifts, the excellent Emo Henrich Ski School and family doings galore: Ladies Day races, Men's Day races, Kiddies races, Glühwein parties, five o'clock tea dances, singing by the Ski School, and Tyrolian folk dancing and ski movies in the evening.

Stratton gets many well-to-do skiers, and most nearby lodges are a bit expensive for economizing families. In the Manchester region, though, everything from farmhouse accommodations to motels can be found at reasonable rates. Stratton's special "Little Cub" Ski School has its own chalet, chair lift, and instructors. The nursery takes pre-skiers ages one to three. Among the many lodges, a truly gracious one is the Birkenhaus, with flowers on the table and fine food.

For information, write: Stratton Mountain, Vermont 05155, or call 802/824-5537.

Stowe, Vermont, is picture-postcard New England. Rolling white farmlands huddle in the shadow of the state's most majestic peak; classic Early American homes of white clapboard cluster about a church whose spire points to a frequently snow-laden sky. This is no sleepy rural hideout, though; it is the generally acknowledged ski capital of the East. What makes it so

Continued on page 213

Better Homes and Gardens

WESTERN Travel Directory

Tony Swan, Western Directory Editor

An insider's guide to family vacation adventures for readers who live in the Rocky Mountain territory or Far West

Photograph: Rowan



More great skiing where you live

Here is a selection of additional ski resorts in the West, some with simple runs and reasonable prices, others more fashionable and expensive. All offer excellent opportunities for family skiing. Of course, there are many more resorts than can be covered on these pages.

Squaw Valley, California, won't let you forget that the 1960 Olympics were held there. In the meantime, however, the resort has changed its image from rugged ski racing to a first-rate recreational area with every run being aimed at the average skier. Thanks to a big tramway and more than two dozen lifts, there is plenty of uphill capacity, except on good-weather weekends and holidays.

One great idea: Any child under 12 skis free in the presence of an adult (who pays $10 per day or $33 per five weekdays). Apart from a big dose of family skiing, Squaw offers ice skating, sleigh riding, and swimming; there are even snowmobile trails. While parents are outdoors, the "Gingerbread" nursery guards and amuses youngsters from ages three to six. Squaw Valley's own lodges are expensive if you pay by the day; the best deals are sold by various airlines at about $125 and up per person for a seven-day ski week, which includes lodging and lift tickets. A good money saver is to stay at one of the many motels in Tahoe City, five miles away. Reno, Nevada, is your air transportation gateway to Squaw. Distance: less than 50 miles. For information, write: Box 2007, Olympic Valley, Calif. 95730.

Alta, Utah, is paradise for the family that seeks high altitude; deep, untracked folds of powder snow; a mountain chain that looks like the Alps; and open, treeless slopes. Alta itself has only a few small lodges wedged deeply between an ever-silent valley. There is a great deal of sunshine here, with much spring skiing. Accommodations of every kind are available in Salt Lake City, 25 miles distant, which is easily accessible by private car.

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WESTERN Travel Directory

For those families that need no night life, Alta offers the most unforgettable and reasonably priced skiing imaginable. The resort once had the reputation of being difficult to ski. No more; there are now several beginners' lifts and sizable slopes. The rate for half-day lessons ($5) reflects other good prices. If you come for a week, bring books for adults and toys for children. For information, write: Alta Ski Area, Alta, Utah 84070, or call 801/649-9751.

Sun Valley, Idaho, was where U.S. resort skiing began, way back in the mid-thirties. Once the private reserve of the rich and famous, Sun Valley has expanded, democratized, and shed its stuffiness—yet without losing any of the graciousness its elegant clientele came to love. It's still expensive, though not necessarily as prohibitive as reputation would have it. With all the emphasis on the "beautiful people" image, what is forgotten (though not by the area's regular customers) is that Sun Valley is a truly top-notch family ski resort.

It's not just that the area has a great play school for kids aged three to six, which gives the very young a fully supervised day: ski school, instructions in ice skating, and sleigh rides, too (for $10 a day, including lunch, and if there are several kids in the family, the third $6). Or that there is a special hangout for teen-agers—"The Place"—complete with table tennis, jukebox, TV, dart board, soft drink machines, and the like. Or that there is a bowling alley, billiards, pinball machines, special afternoon films at the movie house, and evening teen dances at the Continental.

There are many other family amenities. For instance, kids can charge meals, snacks, and refreshments (to their parents' room number) at any restaurant in the area, including the on-slope eateries. This means you don't have to worry about the kids losing pocket money. (Adults have the same privilege—except at the on-mountain restaurants.)

There are special children's ski classes ($5 a day), including racing and hotshot sections. You can even arrange for a baby-sitter—by the hour, day, or sleep-in—in advance of your arrival. In short, a family vacation at Sun Valley can mean just that—a real vacation for all.

Dollar Mountain, with its four lifts, still ranks as one of the world's best beginner hills, and Baldy, which has 13 lifts, is one of the greatest for upper intermediates and experts.

There are heated outdoor swimming pools, ice skating, sleigh rides, a shopping mall, and elegant resort living for the non-skiers in the family. Plus service that is both friendly and thoughtful. Leave a wake-up call, and you get not only the time, but the temperatures at the base, mid-mountain, and the summit so you know how to dress—plus a report on trail conditions so you know where to ski. There's one hitch—getting there is not easy. But you can dial 800/635-5316 for toll-free travel information and for reservations.

As for cost: you'll pay $9 a day for lift tickets, and that plush Sun Valley lodging will run at least $18 a day per person—not including meals. But you can do it more cheaply by staying in nearby Ketchum where housekeeping units are available at less than half Sun Valley's toll. For information on such accommodations, write the Ketchum Chamber of Commerce, Main Street, Ketchum, Idaho 83340, or call 208/726-3241.

Snowbird, Utah, is destined to rank as one of the outstanding ski resorts in the world. Less than one hour's drive from the Salt Lake City airport, it puts some of the finest powder snow within easy access of travelers from all over the country. The stunning Wasatch Range rivals the Alps in scenery. From the Snowbird summit, which you reach in a 120-passenger cable car, jagged white peaks stretch on for endless miles.

Novice and intermediate skiers will want to see this view, but they had best take the tram both up and down: they'll find the runs on top far too difficult. However, there's lots of fine family skiing terrain accessible via the most comfortable chairs you're apt to ride anywhere.

Families that include at least one good skier should put Snowbird on their *must* list. As for prices, lift tickets cost $7.50 a day, but there are combination tickets such as six days for $44, and for the chair lifts only, it $6. Lessons at Junior Bounou crack school are $5 for a two hour session, with various com binations cutting that to $4. A a saver, particularly if you hav your car with you, conside staying in Salt Lake and drivin up each day. You may get de layed now and then while the clear the road of snow, but th savings may be worth that risk

Rates in the Snowbird lodge vary with the months. At th height of ski season, prices ar highest—$38 for a double Room and lift packages run t $185 a person for seven days but if you take your vacatio after Easter—when the snow i still great here—that same dea is $55 less. For information write: Snowbird, Ltd., Alta Utah 84070.

Mt. Rose and Slide Mountain, Nevada, share opposit sides of the same fine mountai —all you have to do is watc the signs so you don't take th wrong road fork. Not that yo can go wrong: both sides hav long reliable snow seasons, usu ally from Thanksgiving to May

Mt. Rose offers three doubl chair lifts and a T-bar. Slide ha three chairs, a Poma, and a rop tow. In either case, the vertica is about 1,500 feet, and full-rat lift tickets run $7. Each area ha its own nursery and program fo youngsters.

There is a Mt. Rose Lodg with 26 rooms, which isn't much but with Reno only minute away by car, this is no problem In any case, some very goo deals are available through Ren motels (inquire from the Ren Chamber of Commerce, P.O Box 2109, Reno, Nevada 89505 telephone 702/786-3030). Mos vacationers prefer to stay i town where night life include big-name entertainers and goo food at astoundingly reasonabl prices (all the better to lure yo to the gaming tables).

For Mt. Rose information, ca



More for your Travel Dollar

2/849-0704; for Slide Mountain, 702/849-0852.

Steamboat, Colorado, one e out of the town of Steamat Springs and about 165 from nver, used to be called a eeper." Though the tiny ranch n has produced more Olym- skiers than any other place the U.S., no one seemed inested in what kind of terrain ild turn out such fine racers. entually word got out about area's magnificent powderw slopes, and now there's an reasing array of lodges, resrants, condominiums, and ps going up.

This year, three new lifts and) acres of new trails have e in. There's great cross-intry terrain, too, where the rdic events of the 1976 Olyms are scheduled to be held. in all, a complete family ation—including hot springs relax in after a day on the s.

Lifts include a gondola, eight irs, and two Pomas, with the l-rate ticket going for $8.50. r information on special skiek package deals, telephone 3/879-0489.

Whistler Mountain, British lumbia, only 75 miles north Vancouver on the Squamish ghway, offers 4,280 vertical t of lift-served skiing, sixe runs, a nine-month season and it's still a small, intimate ort. The nearby town of Alta ke has a dozen or so lodges l condominiums. That's all. milies love it, and so do good ers.

There's a nursery at the lifts, ich include a gondola, three irs, and five surface pullers, h the full-rate ticket costing 50 a day. Packages that er lodgings, lifts, and lessons rt from about $75 a week. you want to rough it, you can y in a sleeping-bag dorm for ut $2.50 a night. Write West- Ski Promotions, Box 2531, ncouver 3, B.C., or call 604/ 2-5422.

Crystal Mountain, Washing-, is above all marked by the erwhelming impact of Mt. inier, which rises, seemingly hin touching distance, to its altitude of 14,410 feet. Once see this giant's gleaming ciated face from that close. 'll never forget it. Yet the ged setting is deceiving: at ystal you ski mostly on agreee beginner and intermediate pes.

With its base elevation just er 4,000 feet, and its summit ost touching 7,000, Crystal nlike so many of the Northwest's ski areas where weekend hordes come for a day armed with rain capes, just in case of a washout. That's because the area is high enough to usually get snow instead of rain—and in the Pacific Northwest that means a lot of snow. Ski instruction is offered for all ages; the resort goes in strong for children's racing and jumping programs. The junior race program, especially, is one of the best; it's under the supervision of Jack Nagel whose own two daughters were on the National Team not long ago.

Crystal also excels in its nursery and baby-sitting facilities. Accommodations are mostly in condominiums, and that also makes it nice for families price-wise. Dining-out opportunities are limited, but in condominiums most families cook for themselves, and there's a summit house where you can eat lunch between runs. There are 15 lifts in all.

All-inclusive packages for five midweek days start at about $88 per person. Weekends are rather crowded, since the area is easily accessible by car and bus from Tacoma and Seattle. Write Crystal Central Reservations, Crystal Mountain, Wash. 98022, for reservations; for general information, call 206/663-2411.

Mt. Hood, Oregon, is a dormant 11,235-foot volcano, huge enough to contain several separate ski developments that largely cater to families: Timberline, Mt. Hood Meadows, Mt. Hood Ski Bowl (also known as Hoodoo Ski Bowl), Multopor, and Snowbunny. They're good for some dozen lifts among them. If your children don't want to go to bed right after supper, there's night skiing, too.

For non-skiing youngsters, the days can be filled with snowplay on toboggans and saucers, and there's lots of gentle country for cross-country family excursions on skis.

Mt. Hood's mecca is famed Timberline Lodge, an architectural masterpiece built almost 40 years ago; just to see it is sufficient reason for a visit here. So much snow can fall on the handsome timbered building that you're isolated from the rest of the world for the evening; this guarantees togetherness around the fireplace.

When the weather is benevolent, skiable Mt. Hood sparkles into view, and then you'll really be glad you came.

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chairs and three ropes service a 1,000-foot vertical, but the real experience lies in taking a Sno-Cat ride up to the 10,000-foot level for a long but not difficult glacier run. A full-rate lift ticket costs $6.50 (Sno-Cats are extra), and ski-week family packages are in the general ski-family ball park. Avoid weekends, however, unless you love crowds. For information and reservations, write Timberline Lodge, Government Camp, Ore. 97028, or call 503/272-3311.

Hidden Valley, Colorado, is one of the nation's finest ski areas near a big city—less than 80 miles from Denver on fast roads. Not surprisingly, it gets big crowds on weekends, but Tuesday through Friday you often have the slopes almost to yourself. The ski school is staffed by able and pleasant young instructors ($4 for a two-hour class), and there are gentle meadows for novices and an adjoining snow-play slope where non-skiing youngsters can whoosh downhill on saucers and inner tubes.

The area's longest run is a two-miler with a vertical drop of 2,000 feet from a top altitude of 10,400—a height that practically guarantees good snow. All-day all-lift tickets cost $4.75 ($3.75 for kids); beginners tows only, $2.50 ($2 for kids).

Motels and housekeeping units are available at Estes Park, 10 miles from Hidden Valley at the entrance to Rocky Mountain National Park, in which the ski area is located. Rates range from about $16 to $20 a day for a family of four in one room. Weeks rates run about $70 to $110. For accommodations, write the Estes Park Chamber of Commerce, Estes Park, Colorado 80517. For skiing information, contact the Rocky Mountain National Park Company, 601 Broadway, Denver, Colorado 80571.

Taos Ski Valley, New Mexico, has the reputation of being a super-tough mountain catering to super-experts. It also prides itself on having the most European ambience of any U.S. ski resort. It *does* have some of the country's most challenging runs. But it is also a delightful place for families with children. Its Fanny Hill run is gentle en for preschoolers, and a w new complex on interme runs is now being develo centering around a new vil Though the mountain itse awe-inspiring, there is a of intimacy at the base parents need never fear fo whereabouts of their offsp The atmosphere is so rel that the lifts (there are si them—day rate is $7.50) close down at lunchtime.

The area's high altitude base is at 9,000 feet, with vertical rise of 2,600 fe makes for extra-dry po snow and marvelous New M co sunshine. Ski weeks run about $180 a person and with everything included—in this case, everything can n first-rate cooking at the lodges where French, S German, or Scandinavian c may rule the kitchens. Or, f change of pace, there's g Mexican and Spanish coo down in the artist village Taos, only 20 miles away. information write: Ernie Bl Taos Ski Valley, Taos, N 87571, or call 505/776-226

Heavenly Valley, Califor is now developing trails will be up to nine miles and have up to 5,300 fee vertical drop. Even before new expansion is completed, area, with a vertical of 3,500 feet, boasts one of most extensive trail network the country. Experts and str er skiers are favored at giant area, but there is a bi territory for the beginner as v Yet, what seems to bring sk to Heavenly is not the variet skiing, nor the magnificent v of Lake Tahoe shimmering reflections of the surrounc Sierra peaks, not even the sonable rates; rather, it's mountain's proximity to night life of the casinos in St line, Nevada.

Well, the gaming tables certainly there, and Reno's c nos are likewise accessible. T means absolutely incredible f ily buffets, smorgasbords, steak dinners. The average p of an 8,000-calorie buffet nearby gambling places r about $3. But what you get Heavenly, besides croupiers w ing to take your money, is a s

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en-day ticket for $50, five days for $37.50, for 22 lifts including a tram, 17 chairs, and four surface lifts. Besides, tickets are honored at six other member areas of the High Sierra Winter Sports Association: Alpine Meadows, Bear Valley, Squaw Valley, Ski Incline, and two new ones just opening this season—North Star and Kirkwood.

Accommodations come in all price ranges. The South Lake Tahoe township at the bottom of the mountain has dozens of first-rate motels for $16 (and less) per couple per night, with an extra $4 per child. Some hostelries give you free coffee, free TV, and free transportation to the skiing area. Five-day deals with lift tickets come to about $80 and up. Write Heavenly Reservations, P.O. Box 822, South Lake Tahoe, Calif. 95705, or call 916/541-1330.

Mt. Seymour, British Columbia, is a small family area within a half-hour's drive of downtown Vancouver, open daily and evenings. It has a 700-foot vertical serviced by two chair lifts and four rope tows, with a full-rate lift ticket going for $4.50. Ski weeks are available. Probably the most sensible place to stay would be in the lovely city of Vancouver; you can ski here and also at Grouse Mountain, five minutes out of town. For information, call 604/796-2244; for information on Grouse, call 604/988-6151.

Mammoth Mountain, California, requires a longish 320-mile drive from Los Angeles, where most of the business comes from. Motorists who start out from Reno, Nevada, will find that they need at least half a day for the Mammoth trip. Only the most determined San Franciscans attempt it. Nevertheless, the area draws almost a million skiers a year. Why? The width and breadth of Mammoth's mountains, the massive doses of sunshine, the extra-long season—Thanksgiving into June—all contribute to Mammoth's monumental popularity. On weekends, the slopes, cafeterias, and sun decks fetch formidable crowds.

But Mammoth keeps adding lifts to cope with the crowds. Currently there are two gondolas, ten chairs, two T-bars, and one Poma—for a full-rate price of $8. Various ski week combinations are available for lifts, lessons, and rentals, with discounts depending on the number of days of each stay. At the slopes, there are accommodations at the Mammoth Mountain Inn, Yodler Haus, and chalets and apartments, with prices for a family going from about $10 per person, European plan; half price for children under ten. Although whole families are welcomed, Mammoth leans more toward the tanned, handsome college set, especially during vacations, and toward happy-go-lucky bird-free Los Angeles singles. Some of them stay in the (scarce) nearby dorms while others con their wealthy parents into renting a chalet or condominium for about $55 to $80 a night. Motel lodging at $15 to $25 can also be available at Mammoth Lakes, the town below the mountain. Night life is sprightly, particularly in the discotheque division. For information about the enormous lift network, the versatile ski school, and accommodations, write: Box 24, Mammoth Lakes, Calif. 93546, or call 714/934-2571.

Breckenridge, Colorado, is a resort that's almost wholly devoted to family skiing. There are special rates (lifts $2.50; lessons, $4) for children of 12 and under. Most of the runs are wide and gentle, just two to three miles downhill, which almost anyone can handle.

To spare chapped faces and cold noses, the planners sacrificed the last 250 feet of Peak 8, one of the two mountains in the complex. A large crew of slope personnel packs and manicures the runs, whose layout is so simple that no one can get lost. For better skiers, however, Breckenridge offers little challenge. One exception is the Mach I run, with a 40-degree pitch. Don't get on that one by mistake.

Tickets run $6.50 for the 11 lifts on both mountains. One lift connects with Breckenridge's much-acclaimed Four Seasons Village, which rents condominiums for $30 to $80 per night. There are plenty of lodges and motels, too, with package plans available. You'll find cafeterias and the usual lodge services at the base of both mountains, but so far only Peak 8 (not the newer Royal Tiger Mountain) has a slopeside nursery.

Cross-country skiing is good in the region; you can rent a complete Nordic boot-and-ski outfit for about $5 a day.

For information, write Breckenridge Ski Corporation, Breckenridge, Colo. 80424, or call 303/453-2918.

Crested Butte, Colorado, proves the point that one saves by heading for the lesser known,

➡

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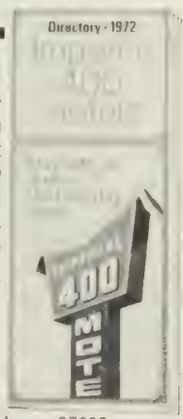
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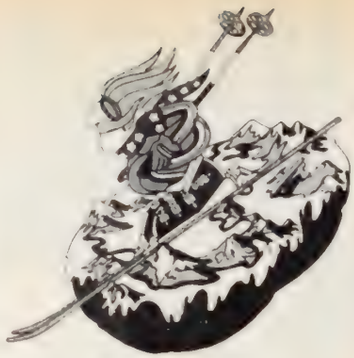
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more remote ski areas. Children under 12 pay only $3 for the use of the Butte's five lifts, including two chairs and a gondola, and the price for adults is $7.50. You can still get a good meal in this former mining town for $3 to $5, and motels charge about $20. Lodges are equally reasonable.

An excellent cross-country ski program (about $5 for guided tours) makes the most of the area's superb Alpine scenery.

Recently, Crested Butte has become a favorite destination of cross-country tourers from Aspen. The round trip is an easy overnight 56-miler for experienced Nordic skiers—by car it's a 560-mile round trip. This by way of explanation for Crested Butte's relative obscurity, uncrowded weekends, and low prices: it's not easy to get to. The drive from Denver, for instance, is 288 miles, including blizzard-exposed Monarch Pass. You can fly in to Gunnison, 28 miles from Crested, and if you phone the resort ahead of time, they'll provide a free pickup.

For information, write Box 528, Crested Butte, Colo. 81224, or call 303/349-5326.

Keystone, Colorado, 75 miles from Denver en route to fashionable and expensive Vail, opened only a few seasons ago, and so far has attracted mostly skiers from the Midwest and East. But it's such a good deal that it deserves discovery by Western families as well.

For instance, there's the cozy Ski Tip Ranch, where you can stay for $16 a day per person, including dinner and breakfast, a remarkably low rate for an area that offers so much pleasant skiing—25 miles of mostly easy and intermediate trails, fed by five chair lifts.

For even less money, you can stay in one of several low-priced motels nearby. Some new condominiums, for those who want to settle down for a while and keep house, are also available. For information, write Keystone Mountain, Box 38, Dillon, Colo. 80435, or call 303/468-2316.

Banff, Alberta, started out as a stop on the Canadian Pacific Railroad. When hot springs were discovered, the luxurious Banff Springs Hotel became a spa for the affluent, and still is. Not exactly a ski town—although there are three ski areas in the immediate vicinity, set amidst some of our continent's most impressive scenery—it's esse tially a quiet place. Spa visito aren't likely to look for nig life, and rates in general a extremely reasonable.

Rooms run about $14 to $ in Banff's tourist hotels and m tels; at nearby Sunshine Villag one of the ski areas, son places charge only $12. The fu rate lift ticket here runs only a day.

Lift lines build up only o weekends when skiers from E monton come up; then even th fairly extensive lift network Lake Louise (35 miles distan gets overloaded. But the rest o the week is quiet. In all, this a good place for easy, pleasan skiing and leisurely family v cationing. (But stay away fro Mt. Norquay, right above Banf unless you're a hotshot.)

Reasonable package rates ar available at Sunshine Inn an several other lodges. For info mation, write Chamber of Com merce, Box 1298A, Banff, A berta, Canada.

Bear Valley, California shines with its own special gloss its white-toothed terrain, one o America's most handsome sk lodges, and the many celebrities who ski here. The ski school i French, and among steady Bea customers you'll see film people like Doris Day and family, Jane Leigh and daughters, Natalie Wood and hers, among many others. Most of them are fairly good skiers because intermediate terrain is not abundant. Beginners, however, will find severa adequate slopes.

Family features include half-rates for children's ski gear rentals at the Skimeister ski shop, a "Cub" chair lift, a specialized teaching program for children from four to eight, and special lift rates. The rich fly in from the San Francisco Bay in private planes or commercial craft that charge about $40 one way. For the normal motorist, especially one who can't read maps too well, the approach to Bear is complicated. (Look for Arnold on the map.) Most visitors stay at least three days. At the well-designed Bear Valley Ski Lodge, room rates hop from about $110 per person to about $140 for a condominium per day. But there are plenty of cheaper if less glamorous places. For information, write Bear Valley, California 95223.

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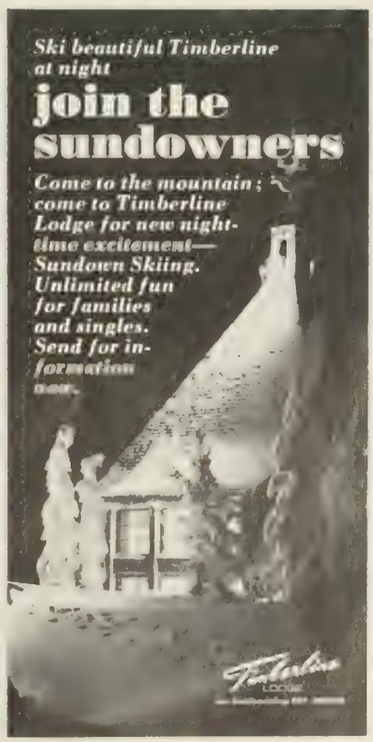
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For Westerners, a ski trip Europe is not cheap. But des the devaluation of the do this adventure is a lot less pensive than most people th Not only do off-season air group tour fares make the tr atlantic hop a bargain, but ing is such a popular sport Europe that only a handful Alpine resorts cater to the "be tiful people." Most Europ ski areas get the family tr and charge accordingly. So two-week ski trips start at ab $650 per person, including fare from the West Coast. addition to your plane tick this covers accommodations, meals a day, lifts, and ski scho For three weeks, it's just a dollars more.

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European skiing offers seve other pluses, too, without ev counting the adventure and ec cation that go with any forei trip. For one thing, the Alps a uniquely beautiful in wint For another, they are bless with many amazingly long, ea runs, identified in internatio ski jargon as "family pistes," f the simple reason that wh families enjoy skiing them gether. What's more, ski scho standards are extremely rig

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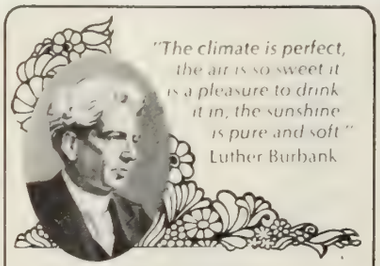


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mily skiing in the Alps

: instructors not only must good skiers, but they are ed on how well they teach. Here is a selection of Alpine resorts especially suited to erican family requirements. are relatively inexpensive offer a large variety of be- ner and intermediate runs. schools that are particularly d for youngsters, a cozy at- sphere, memorable scenery, a le range of other activities ides skiing, and accommoda- ns that meet our standards of nliness and comfort.

Cervinia, Italy, is an up-and- ning resort on the Swiss bor- that shares the very top of Alps with the more famous fashionable Zermatt, Switz- nd. The border runs right ng the crest of this unbe- ably vast ski region, and can ski in both countries a combination lift ticket.

Almost all runs are so gentle t practically anyone can en- skiing them after a few les- ns. It's an endless white world, y above the tree line, with st of the skiing on snow-cov- d glaciers that flow in all ections from an 11,400-foot ldle that marks the border. rope's most spectacular moun- n, the Matterhorn, looms ve this scene, seeming so se in the dry, high-altitude air t you almost think you can ch it.

Cervinia's topmost cable car es you up to the Swiss bor- r saddle, which is called the teau Rosa—the "pink pla- u"—because its year-round w and ice turn pink at sun- . It's about nine miles back your hotel at Cervinia from Plateau Rosa, and you can down practically all the way thout much difficulty. Alto- ther, you have nearly 100 les of groomed ski runs at ur disposal if you ski on both lian and Swiss sides. Indeed, e territory is so immense that u'll never get around to cov- ng it all. Although border rmalities are not enforced, it's good idea to keep your pass- rt in your pocket as you cross d recross from one country to other.

At Cervinia's elevation, which nearly 7,000 feet at lift base, e sun is so strong you are as- red a deep tan even in Janu- y. Late winter and spring are e favorite times for a vacation re. Easter week is always the ost crowded; by that time it's ten possible to shed as much your clothing as modesty al- ws, and to stretch out on the n terraces of the restaurant ations on the slopes, or even your skis, turned upside down in the snow, using your parkas for pillows. Sun cream is of course a must, or you'll be burned worse than on any beach. So are sunglasses in all this snowy glare. (In fact, ski lifts on the Plateau Rosa operate right through the summer.)

Besides skiing, Cervinia offers three ice skating rinks, an indoor swimming pool, a movie house, ice hockey matches and bobsled races, restaurants and shops, and several nightclubs.

If you don't buy a combination package that includes air transportation, you can get American-plan accommodations (three meals a day) from about $90 a week up per person, $150 for two weeks, for room with bath; if arranged in advance, these rates also include lifts and ski lessons.

Cervinia's closest airport is Milan. From there it takes less than three hours by car or bus. For detailed information, write Alitalia Airlines, 666 Fifth Avenue, New York, New York 10019, and the Italian Government Travel Office, 630 Fifth Ave., New York, N.Y. 10020.

Adelboden, Switzerland, may well be the world's best ski town for kids. Every morning at 9:30 and every afternoon at 2, all the youngsters in ski school, from toddlers to early teens, collect on the village square and pile their little skis on a red sleigh pulled by a tiny donkey. Soon this happy Pied Piper's parade trundles up the snowy road to the nursery slopes, picking up more children from hotels and guesthouses along the way.

This makes Adelboden not only delightful for the young but for their parents. The ski buses that radiate from the village to the surrounding mountains start off from the same spot so that adults can begin their ski day right after they leave the kids in the school's expert care. Actually, after the first day, all but the very youngest can be trusted to walk to and from the meeting place by themselves; there is hardly any traffic and in Adelboden the kids are indeed kings.

The ski school is superb. No class has more than about eight students, and all instructors speak good English—a tradition that dates back to 50 years ago, when British skiers discovered this 15th century village high in the Bernese Alps, and was enhanced during World War II when American flyers who had crash-landed in Switzerland or were lucky enough to reach neutral ground from Germany were

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The mountains around Adelboden are high, but not so high as to be scary; ski runs range from the very easy to the medium difficult; and the weather is generally very pleasant. The village gets lots of sunshine, since its southern exposure is wide open, and lies at a high enough elevation so that skiing is usually possible into May.

There are only two hotels where people bother to dress for dinner (the Nevada and the Huldi), but even these offer some rooms for around $16 a day per person, including three meals, with considerable discounts for kids who share their parents' room. Other hotels and guesthouses are cheaper yet. Some, like the Alpenrose and the Park-Bellevue, charge about $11 a day for room with bath, including three meals. Or you can rent an apartment or small chalet for as little as $220 a month. That of course is the cheapest way of all to spend a longer vacation here.

Ski classes and lift tickets are equally reasonable. Six days of two lessons a day cost less than $16 per child and about $20 for adults; two weeks of lift tickets come to about $25 for youngsters, $50 for grown-ups.

Zurich is the nearest airport. From here you'll reach Adelboden in about three hours by train and connecting bus. For specific fares and other transportation information, contact TWA, 605 Third Avenue, New York, N.Y. 10016, or Swissair, 608 Fifth Avenue, New York, N.Y. 10020. Or a travel agent can supply you with the same particulars. For other information, write the Swiss National Tourist Office, 608 Fifth Avenue, New York, New York 10020; for chalet or apartment reservations, the Adelboden Tourist Office, Adelboden, Switzerland.

Saas-Fee, Switzerland, at 6,000 feet, is one of the highest ski resorts in the Swiss Alps, but you can't drive into it. All cars must park in a big lot on the outskirts of the village, and the bus line ends there too. You unload, your hotel's porter puts all the baggage on a pushcart (at bigger hotels they have carts with electric motors), and you follow him into town.

The absence of traffic, except for an occasional snowplow or delivery vehicle, makes old Saas-Fee a pleasure. Not only is the place quiet and devoid of fumes, but you don't have to worry about letting the kids wander all over by themselves. On top of that, the scenery is a real stunner. Like Cervinia, it's one of the world's most beautiful situated ski resorts. It lies at th head of a glacier valley, and th glaciers rise practically from th doorstep of the village, climbin up into the saddles between chain of magnificent rock an ice peaks, some towering t 15,000 feet. This means tha from where you sit you can loo 9,000 feet straight up, or th equivalent of about nine Empi State Buildings piled on top c each other.

In this immensity, it's difficu to get a sense of scale, and th seemingly vertical mountain wal fool you. There are ski slope way up there that—unbelievabl as it may seem—are mastere daily by agile children and eve clumsy adults.

You get up into these fabu lous regions by means of cabl car lifts that deposit skiers an sunbathers at two different ter race restaurants, both over 9,00 feet, from where you can loo down into the tumbled blue ic of hanging glaciers. Of cours the ski runs circumvent thes ice falls, but even so you ma prefer to go up there just for th

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fabulous views and take the cable car back down. In that case, you do your skiing on two other mountains served by cable cars and lifts, the Plattjen and the Hannig, which are lower and just right for intermediates, or on the many very gentle beginner slopes in the snow bowl that surrounds the village.

Daily rates at comfortable family hotels, like the Britannia, range from about $10 to $14 per day per person for a room with bath and three meals. Or you can stay at a "garni"—establishments where only breakfast is included with the room—for as little as $6 per person. A good one in this category is the Alpina. Ski school rates are the same as in Adelboden; lift tickets run slightly higher. There is lots of good shopping too, as in all Swiss resorts.

The closest airports to Saas-Fee are Geneva and Milan. In either case you go by train to Brig, in Switzerland's Rhone Valley, and continue from there by train and bus. The many transfers are worth it, not only for Saas-Fee itself, but for the trips from Geneva and Milan—among Europe's most scenic. For specific airline rates and package trips, contact TWA, Swissair, and Alitalia (see above). For resort information, write Swiss National Tourist Office (as for Adelboden above).

Innsbruck, Austria, can hardly be called a ski resort. Innsbruck, provincial capital of Tirol and university center of western Austria, is a big busy city of more than 150,000 inhabitants. But since it is almost completely surrounded by great mountains, it's a ski town just the same—so much so that Innsbruckers go skiing during their two-hour Austrian lunch break. One of the lifts, a funicular, starts right in town.

This combination of big city and conveniently nearby ski areas in all directions makes Innsbruck an especially good choice for families that don't want to ski all the time, or where somebody in the family doesn't want to ski at all. There's plenty to do, of course—shopping, theaters, opera, movies, nightclubs, charming folkloric performances, really interesting museums, and great sight-seeing, including a palace where Empress Maria Theresa lived before her daughter, Marie Antoinette, lost her head in Paris.



For skiing you can take the funicular to the Seegrube, which however is terribly crowded during the lunch hour and on weekends; and from the Seegrube ride a cable car up to the craggy ramparts of the Hafelekar Ridge, which is never crowded because only about one out of a hundred skiers can make it down safely. But take the cable car round trip. The Hafelekar panorama encompasses nearly all of the Austrian and much of the Bavarian Alps.

For family skiing, you'll like the Axamer Lizum, on whose gentle bottomlands ski school classes are held, and from where in turn you can ride chair lifts to sunny mountaintop restaurants. Another fine family ski area is the Mutterer Alm, a softly undulating hillside of pastureland and pine forest. Ski buses (free if you are staying in Innsbruck more than six days) regularly leave Innsbruck in the morning and return in late afternoon. Combination tickets that cover all of Innsbruck's ski areas cost about $26 a week.

Being in the city, of course, gives you a large selection of places to stay, and under Innsbruck's special winter package plan the prices are amazingly low. At the Hotel Sailer, for instance, which is much favored by families, you'll pay about $37 a person for six days, including breakfast and dinner. If you insist on a private bath, it's $9 more. In some more modest but clean guesthouses, these package prices actually start at $27 a week with two meals, $19 with breakfast only, and you get a 20 percent reduction on single-ride lift tickets if you prefer not to use the economical seven-day ski pass.

Innsbruck has an airport with scheduled service from Munich, but since the town is stuck deep between mountains, you can't count on flying in when the clouds hang low. Your best bet is to jet to Zurich (TWA, Swiss-

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air, or Pan Am), or to Munich (Pan Am or Lufthansa) and go by train from there. For specific ticket prices covering your length of stay, contact the above airlines or your travel agent. For accommodations information, write to the Austrian National Tourist Office, 545 Fif nue, New York, Ne 10017, or directly to t bruck Tourist Office, ben 3, Innsbruck, Austr

Courchevel, France, have been designed e with the ski family i The unusual name, Co 1850, which gives this altitude in meters (6,06 sets it apart from th Courchevels 1550 and 5,085 feet and 5,413 spectively). The beauty chevel 1850 is that mo hotels are linked by ski the slopes. You put on y when you walk out th and take them off when turn. This is a great ac and shows that communi ning can pay off.

Courchevel's ski scho cellent, and there are se lightful long easy runs quire no skill whatsoev more advanced skiers, th try is wide open. They into three different val interconnected by lift services, for a total of 2 of runs and 750 square skiable slopes.

The best hotel for the in Courchevel 1850 is t de Savoie which costs ab a day per person for u ern room with bath an meals of gourmet qual farmhand dimension. B can get by on about $1 at Les Verdons, a cozy one of the few older b at the village center. Th here is simpler but al good. Hotels in the $14 category (per person, A Plan) include Le Cabich L'Aiglon. Lift tickets c about $38 a week per Ski classes cost $15 fo day week.

To get to Courchevel lies close to the Swiss about 50 miles south o Geneva, fly to Gene continue by bus, or to P then continue by train, plane. For air fare, cont propriate airlines as ab well as Air France. F cific information, write French Government Tou fice, 610 Fifth Avenue York, New York 10022.

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Fabric finishes—what they mean to you

Modern chemistry has changed the face of fabrics for apparel and home furnishings. And this is more than a surface change. The new finishes can mean longer wear, easier care, and greater personal safety, as well as improved appearance. Here are a few of the common fabric finishes and their benefits.

Durable (or permanent) press describes a treated fabric which requires no ironing after proper laundering. The fabric keeps its shape and its individually designed creases and pleats for a lifetime of wear. Sometimes mistakenly referred to as a fabric "type," durable press is, in truth, a chemical, heat-cured finish applied to a single fiber (cotton, rayon, wool) or a blend of these with a man-made fiber (nylon, polyester, acrylic, triacetate). Check the hangtags carefully when you shop. The more polyester, nylon, or other synthetic fiber in a blend, the longer the fabric will last. The best-wearing cotton with a durable press finish usually contains 50 percent or more polyester or nylon fiber.

It's best to wash durable press articles at low to moderate temperatures to avoid softening fibers and causing wrinkles. Small loads also lessen the chance of wrinkling. Use hot water only if your washer has a cool-down cycle or if you gradually cool the rinses. For optimum results, always tumble-dry, being careful to remove items from the drum as soon as the dryer stops.

Soil-release finishes do not prevent soil from penetrating a fabric, but they do speed removal. This type fabric finish was introduced to combat the problem of removing oil and grease stains from durable press fabrics. Many man-made fibers hold onto grease and do not absorb water. Also, the resin treatment used in durable press affects cotton so that even this normally absorbent fiber resists moisture. A soil-release finish modifies these fibers—helping them resist stains and enabling them to be wet with water so the detergent can do its job.

While a soil-release finish does aid soil removal, it's not now 100 percent effective. You should still pretreat all grease and oil stains before washing. Use a nonflammable cleaning fluid and before it dries, saturate the stain with a liquid detergent or detergent water paste. Be sure to add detergent before the solvent dries; otherwise a ring may form, and the stain is much more conspicuous than it was before.

Stain-repellent finishes help protect fabrics from spills. A few of these finishes repel only water-based stains, but the fluorochemical finishes protect against oily as well as water-borne stains. A soil-repellent ingredient (a big plus in upholstery fabrics) resists dry soil pickup. Staining substances roll off fabrics and can be blotted away or spot-cleaned without leaving a trace. You cannot see, smell, or feel a stain-repellent finish nor notice any change in fabric color or strength. In fact, the finish helps fabrics last longer since a major factor in fabric wear is abrasion caused by dirt particles rubbing into the fibers.

All fabrics can be treated for stain repellency. You'll find this protective finish on both apparel and home furnishings. Many finishes will withstand repeated launderings and dry cleanings, but to maintain fabric appearance, give immediate attention to all spills. Thorough rinsing is essential after each washing or spot cleaning since any residual detergent can impair the effectiveness of the stain-repellent finish.

Although usually applied at a textile mill, this fabric finish can also be added by a finisher, a dry cleaner, or a furniture retailer. You can even spray on a stain-repellent finish yourself, making certain first that the fabric is colorfast and clean. Do not, however, expect the home-applied finish to be quite as effective as the finish that was professionally applied.



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(Advertisement)

Flame-retardant finishes, perhaps the most important of all in terms of personal safety, have been the slowest to appear on the scene. The early finishes were quickly dispelled as the result of washing or dry cleaning. Today there are protective finishes which retard burning and which also last through many launderings. These finishes become less effective if washed in soap or non-phosphate detergents than when washed in a phosphate detergent. The type of construction, such as a loose weave, can increase the rate of burning.

Some fibers such as fiber glass are noncombustible while others, like wool and modacrylics, are slow to burn and self-extinguishing. Meanwhile, the textile industry continues working to develop new finishes and flame-retardant fibers that will retain the original strength and feel of a fabric. ■

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½ cup shortening
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1 teaspoon cinnamon
1 package *Betty Crocker* yellow cake mix
2 cups quick-cooking oats
1 cup raisins or cut-up dates, if desired
½ cup chopped nuts

Heat oven to 375°. Beat egg, water, butter, shortening, sugar, cinnamon and half of the cake mix (dry) until smooth. Stir in remaining cake mix, the oats, raisins and nuts. Drop dough by teaspoonfuls about 2 inches apart onto ungreased baking sheet. Bake *10 to 12 minutes. Cool slightly; remove from baking sheet. About 6 dozen.*

CHOCOLATE-OATMEAL COOKIES: Omit cinnamon; substitute 1 package Betty Crocker devils food cake mix for the yellow cake mix and 1 package (6 ounces) semisweet chocolate pieces for the raisins.

CHERRY CHIP-OATMEAL COOKIES: Reduce sugar to ¼ cup and omit cinnamon; substitute 1 package Betty Crocker cherry chip cake mix for the yellow cake mix and 1 cup flaked coconut or 1 cup cut-up dried apricots for the raisins.

OATMEAL BARS: Spread any one of the doughs above in ungreased jelly roll pan, 15½x10½x1 inch. Bake *20 to 25 minutes* or until light brown. If desired, sprinkle with confectioners' sugar. Cool. Cut into bars, 3x1½ inches. *30 bars.*

High Altitude: For drop cookies, no adjustments are necessary. For bars, bake in 2 square pans, 9x9x2 inches.

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Capture the look of a Gauguin painting with a centerpiece composed of artfully arranged fruit, greenery, and bird-of-paradise flowers on a tapa cloth background. You can make a look-alike version of this cloth by stenciling muslin, or use gift-wrap paper printed in a tapa design. Napkins can be made from any gaudily figured yard goods. Plain earthenware plates, coconut shells for a first course, and low wooden goblets all add atmosphere to the table.



Photographs: Hopkins

A South Sea landmark—the volcano—is reactivated with a small piece of feather rock and fire from canned heat. Choose a cone-shaped piece of rock and chip away a four-inch hollow with a kitchen knife near the top. (You can carve feather rock quite easily with knife or chisel.) In the hollow, insert either canned heat or a votive candle in its glass holder. Place a few gladiolus blooms and a sprinkling of quartz pebbles near the base. Blending beautifully with the island theme are stylized earthenware plates and brilliant table mats and napkins made from remnants.

Music is a must at a South Sea party! Be sure to have appropriate records ready to pile on the stereo, and encourage your guests to bring along their guitars and banjos. If you're planning a big bash, you might consider hiring that local talented combo for the evening.

South Sea supper

It's easier than you might think to give a party a South Sea flavor. The menu's elastic—you can serve authentic luau specials, or simply give your tried and true roast pork a Hawaiian garnish. This is also the kind of party where costumes add to the fun. Most anything goes—beachcombing straw hats, jeans, grass skirts, or muumuus. Though traditional feasts are staged with guests sitting on the floor, you can provide nontraditional tables without losing face! Here are three budget table trims to help you carry out the languorous South Sea theme.



Combine shells and coral, left, with greens and a few blooms for a decoration that might have been lifted from an authentic lighthearted luau. Form a base with blocks of plastic foam and place large shells and coral pieces on top and around the base. Fill in with sprigs of greens and flowers inserted in water-filled bottle lids. The shell candles, at left, are made by filling ordinary baking shells with wax and inserting wicks after the wax hardens. Any rough-textured matting serves well as a table covering. If you have enough, by all means cover the entire table. Simulated wooden plates can be found in paper or plastic. Bamboo flatware is sold at foreign import chain stores.

Unsuccessfully imitated the world over.

There are two kinds of people. Those who like window blinds and those who hate them.

The former have seen the Levolor Riviera Blind, the window covering that eliminates the need for anything less than beautiful. By being attractive, and at the same time unobtrusive, Rivieras have been converting blind haters into blind lovers by the thousands.

Naturally, this success hasn't gone unnoticed. Poorly engineered imitations made with second-rate materials and workmanship are beginning to crop up in a lot of places. They try to look like the Riviera, but they lack the basic Levolor quality and finish that mean reliability and long life.

So, if you care, look for the Levolor Riviera identification on every blind. That's what most people who care always do.



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has safety hinge and positive latch which locks blind in place, yet permits easy removal.

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Levolor Riviera blinds have slats less than 1" wide. They practically disappear from view when you open them (yet when they're closed they give you complete privacy).

A blind for every window.
Levolor Riviera blinds are custom made to fit any window. There are even Rivieras for A-frame and inclined windows.

...ols where them.
You choose where you want the controls on a Levolor Riviera blind. Magic Wand on the left, lift cord on the right, or vice versa. Or both on the left or right.

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Levolor Riviera blinds come in close to 60 gorgeous colors, none of them drab. Rivieras even come in the new metallic finishes that are so effective in preventing heat absorption and waste of power with air-conditioning.

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rble intenance

ough marble is tough for exterior building sur- it needs special protective hen it's used indoors.

al care: Clean all marble s monthly with lukewarm nd a soft cloth or sponge. st once a year, wash them mild detergent solution, then wipe dry quickly. let detergent solution re- as it can penetrate and e pores. Bathroom lava- of manufactured marble rder and less likely to be d by detergents.

emove ordinary soil such oke, dust, and dirt, you refer to use a cloth dipped ble polish or cleaning wax. polishes help seal the pores otect marble with an in- coating—especially help- the marble gets lots of

ew marble surface boasts sheen. To renew it, apply powder (tin oxide, avail- t hardware stores) with a cloth and rub briskly for ute or two. Then remove nother damp cloth or ny- et, polishing evenly until e is again clean and glossy. pply a polish, sealer, or ecommended for marble. paste wax only on darker es, as it may yellow very r white marble.

VER clean marble with or- scouring powder. Its abra- ction damages the finish, necessitating a refinishing se pumice, which is gentler, alcum-smooth all-purpose er and polish.

ic stains: Because marble us, it's susceptible to stains. is same porosity makes it le to remove most discol- ns, especially when they're

, coffee, tobacco, ink, soft without citric acid, flow- ipstick, rust, color from or textiles, all cause blem- and discolorations known ganic stains if left indefi- on a marble surface.

remove these stains, first he stained area with water. apply a poultice mixture of leach-strength hydrogen ide and a few drops of am- . Let set until bubbling Wash and dry area, then putty powder treatment, as . If stain is too deep or neglected, it may require a sional marble refinisher.

tains: Other staining foods e butter and margarine, salad dressing, cream, pea- utter, and meat. Wipe these marble with a cloth damp- ened with ammonia. If a stain remains, cover it with a white blotter soaked in lighter fluid. Keep the blotter moist up to 12 hours. If this doesn't banish stain, use the hydrogen peroxide-ammonia treatment.

Wine, beer, vinegar, tomato products, condiments, citrus fruits and their juices, French and Russian dressing, all stain and also etch or roughen the marble surface. Treat the stain and then cope with the etching. With careful work, you can sand it to smoothness with 400 to 600 grit sandpaper; then rub with putty powder.

Keep a marble repair kit on hand so you can deal with emergencies as they happen, or as soon as guests leave after a party. There are several such kits on the market.

Big deal on mush.

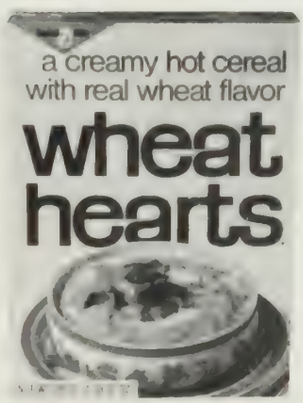
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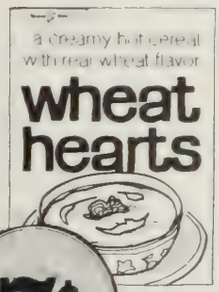
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Add noodles to 2 cups of boiling water in a saucepan. (If you like shorter noodles, cut in half before cooking). Cook for 3 minutes, stirring occasionally. Do not overcook. Stir in seasoning and add chopped green onions, ham, hard boiled eggs, boiled mushrooms and spinach. (Or use whatever vegetable is in Season). Remove from heat and serve immediately. Then you can enjoy "Ham & Egg Ramen."

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How to clean shades, shutters, blinds

Washing the glass is only the first step toward shinier, brighter windows. Shades, shutters, and vertical or venetian blinds should be dusted regularly and washed as needed. Here are some suggestions to help you do the job right from start to finish.

Shades

Window shades should be dusted at regular intervals. How often that is depends on whether you're a suburbanite or live in the dust- and smoke-filled core of the city. To speed and simplify dusting, use an extension wand and the dusting brush attachment to your vacuum cleaner. This long arm lets you reach all the way to the top of the shade. If your shades are washable, you can spot-clean between dustings with a damp cloth.

A large percentage of the window shades sold today are washable. They're made of all-vinyl fabric or a vinyl-coated shade cloth. If you're not sure whether your shades are washable, don't attempt the soap-and-water treatment, but clean with a commercial wallpaper cleaner. When shopping for shades, always ask if they're washable.

Before you wash window shades, pick a work area such as part of the floor or an extended table, then cover the flat surface with an old sheet, shower curtain, or plastic tablecloth. Be sure the cloth or plastic is clean so it won't get a clean shade dirty. Wash the shade, a small section at a time, using a sudsy cloth or sponge and very little water. If the shade is textured, rub lightly with a soft brush. Be careful not to let water run onto other sections of the shade as this may produce streaks which are difficult to remove. Damp-rinse each washed area and dry before proceeding to the next. When you've completed one side of the shade, reverse and wash the opposite side.

Hang your newly washed shade at the window in a lowered position to dry overnight. The final step, and one that will give your shade a professional finish, is to roll it to the top of the window and leave it there for ten to twelve hours. This will give it the flat, just-pressed look of a new shade.

Shutters

Whether painted, stained, or antiqued, shutters are real dust catchers. Clean them frequently before dirt has a chance to accumulate in those hard-to-reach crevices. If your shutters a painted, clean with a damp clot This same method is suggest for stained shutters. You c also apply a paste wax to stain shutter panels and rewax wh they become soiled. Antiqu shutters, previously treated two or more coats of paste wa can be wiped with a damp clot then buffed with a dry one.

Blinds

If you have vertical blin cleaning is a simple matter. Ju snap out the individual strips vinyl or vinyl-coated shade clo and lay them on a flat surfac Wipe with a sudsy sponge, rins dry, and rehang. The ease of r moving and replacing vertica makes it possible to wash the as they become soiled, inste of waiting to do the entire wi dow installation at one time.

Venetian blinds, like shutter have an affinity for dust ar should be cleaned often. Low the blind, tilt slats to a full-lig position, and dust with a so cloth. Or, adjust slats to a fl position and use the dustin brush attachment on the va uum. Then reverse slats ar dust the other side.

A tub bath is sometimes su gested as a shortcut for cleani venetian blinds. It's not a goo idea, however, because met slats can scratch and permanen ly damage the smooth surface your bathtub. Instead, clea blinds at the windows.

With the blind fully extende begin at the top and wash ea individual slat with thick soa or detergent suds. Fold a clo or sponge around the slat ar slide it along the surface, was ing both sides at the same tim Another timesaving tip: put c a pair of cotton work glove dip your hands into the suds, ar wipe slats clean. Always finis with a clear water rinse ar wipe dry.

Don't overlook the tapes whe you're cleaning venetian blind Scrub them with a suds-covere brush and rinse with a dam sponge or cloth. Also wipe ea pull cord—first with suds ar then clear rinse water.

Leave the blind extended, sla open, till dry. This stretches th tapes so they dry smooth and u wrinkled. Lay towels on th floor under the blind to cat excess moisture.

The watchword for shade shutters, and blinds is frequen cleaning. It keeps them lookin spruce and saves you elbo grease in the long run. ■



The house on the hill by Barwick carpets.

In this hillside house, the focal point is the stairway. That's why the carpet chosen for it was Parkside.® Barwick's exciting new patterned shag. Notice the sculptured diamond effect. This patterning brings a whole new dimension to shag styling because it creates a carpet that goes equally as well in formal living areas as in casual ones. Wearability and cleanability are great, too. The pile is of durable, soil-resistant 100% nylon. Even the colors are soil-hiding. In all, Parkside comes in 12 sensational tweed color combinations. See them and Barwick's other outstanding carpets now at better dealers. For the name and address of the Barwick dealer nearest you call this toll-free number: 800 243-6000.

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Rooms for living and dining

Can living and dining areas coexist amicably in the same room? That depends largely on how cleverly you allocate space, handle color, and arrange furniture. The decorating goal is to establish a degree of separation between the two areas, without chopping up the room. For pointers on how to handle the merger whether you have lots of floor space or only a little, check these two examples of successful dual-purpose rooms.

Photographs: Hedrich-Blessing. Interior designer: David Wright. Source: Elizabeth Lunt



In this paneled room, there's space enough to devote one end of the room to the dining area. A large painting, a Parsons table/sideboard, a chandelier, and a bar establish a "dining room" atmosphere. The living area is clearly defined by an area rug. Placement of sofa and chairs around the coffee table adds to the "room within a room" feeling. A shared color scheme ties the two areas together.

Interior designer: Eugene Lawrence. Source: Patricia Mertz



Even a small living room can serve for dining, with the help of furniture that's especially designed to do double duty. This extendable dining table pulls out from a sideboard at mealtime, then retreats between meals to save floor space. If company comes, simply shift a few pieces of furniture and add leaves to the table. This space-saving setup is the ideal solution if you only use the dining area now and then.

at's what Mexican food

your next visit to a n restaurant, brush up ninology so you'll know what. It's worth a little ork because the Mexi- sine is becoming increas- popular. It combines n and American Indian ces, with emphasis on merican staples as corn, tomatoes and such n standbys as chili pow- l peppers.

(tor-tee'ah)—an un- d flat bread made of al or flour, usually eaten th a topping or filling ay include ground meat, and various sauces. It e eaten plain, fried or , or used as a major ingredient.

da (en-chi-la'da)—a stuffed or topped with ound meat, poultry, sea- r cheese. It's usually but is sometimes folded, l with a mild enchilada onions and cheese, and ked.

ah'co)—a Mexican-style ch, much like the Amer- barbecued hamburger, f a fried tortilla rolled up r folded over a filling. frying, tacos are filled redded lettuce, cheese, beans, ground meat and uce. You may add va- ith chopped onion, to- r avocado.

(ta-mal'ee)—a small meat-filled dough made cornmeal, filled with meat and steamed in usks. A spicy sauce is served separately so erson may add his own of "hotness."

(tos-tah'do)—a corn which has been toasted. n" tostado consists of a ostado covered with re- beans and topped with ed cheese, shredded let- d diced tomatoes.

Refritos (fre-ho'lays e'tos)—is refried beans, le in Mexican cookery. Mexicans first prepare into beans in large pots 'll have a ready supply le for refrying later.

no-lay')—a sauce made ilies. The most famous uce, Mole Poblano, is a uce which includes bitter te, garlic, cumin, and seed.

Rellenos (rahl-yeh'nos) ed peppers, usually filled eese. To be sure of get- he cheese-stuffed va- you might identify the re accurately by asking ies rellenos con queso. ■

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›ring ıter ›olens

you buy a wool garment ı expect it to give many f wear. How long its ›oks will last depends ›n you. Here's how to wool garments, whether ›r knit, 100 percent wool, ›ool-and-synthetic blend.

o hang up woolens: those thin wire hangers. ›olens, use only padded ›ed hangers, and buy e correct length to avoid or stretch in shoulder This may mean different for men's and women's ;. Get clip-type hangers ts hang by their waist- nd trousers by the cuffs. e hangers across rod to rushing woolens. Button openings so the garment ı its natural contour, with ne in place. If knits are ›rn regularly, fold them ce in a drawer or storage ther than hanging them. h woven garments after : to remove lint and p the nap, then air them. knits, rather than brush- m.

refresh a wool garment , hang it on a shower rod tub partially filled with ter. Wrinkles will steam ı short order.

› press: Pressing between anings and washings perks tain wools. To properly ›oolens, gently "lower and ›n in the direction of the ne. Don't bear down on the surface of the Using a steam iron and loth to lift the surface of ol will also renew the tex- the garment.

prevent imprinting seam and dart lines, insert a ›f brown paper or tissue under the fold, seam, or Press woolens containing mohair, or all-mohair veave garments, on the side with a dry cloth over bric and without steam. w heat for wool crepes and wools. A cloth over wor- ›revents shine.

o store: Make sure gar- to be stored are clean. stains, and soil invite and insects, and are r to remove later.

g garments in bags, or in roomy boxes. If gar- ıas any dry-cleaning odor, well before storing. Then gs or seal across bottom ape. Fold knits carefully ›re flat.

o thwart bugs: Why take ce on damage from moths or carpet beetles? It's easy to utilize preventives in a closet, chest, or box. Read directions carefully on any such aids, and use only as directed. Remember that vapors drift down, so use a non-spray type product at top of closet. Do not use moth preventives on infants' and children's wear unless you wash or dry-clean article before use.

If you have a real moth or insect infestation, seek the help of a reputable pest-control firm.

Cedar aroma is refreshing to humans but it's devastating to moth larvae. If you have a cedar-lined closet, don't varnish or stain the cedar. Instead, lightly sand the surface once a year to reopen closed wood pores and renew the cedar's effectiveness. Keep the closet as airtight as you possibly can. ■

The first day of turkey.

Roast Turkey with Minnesota Wild Rice Stuffing. *2 packages MJB Brown and Wild Rice Mix (or MJB White and Wild Rice Mix); 1 cup sausage or ground beef; ½ cup thinly sliced celery; 1 (4 oz.) can sliced mushrooms.* Cook rice mix as directed on package. Add sautéed meat, celery, and mushrooms. (¼ cup walnuts or raisins can be added for additional flavor if desired.) Allow to cool 3 to 4 minutes before stuffing turkey. (This makes enough stuffing for an 8-10 pound turkey, or two chickens.)



The second day of turkey.

Turkey Aladdin. *1 package MJB Chicken Flavor Rice Mix; 1 cup diced cooked turkey; 1 (5 oz.) can water chestnuts, drained and sliced; 2 small green onions, thinly sliced.* Prepare rice mix according to package directions. Add all remaining ingredients to hot cooked rice, cover and let stand in warm place 5 minutes. Mix lightly with a fork before serving. Makes 5 to 6 servings.



The third day of turkey.

Hearty Turkey Soup with Rice. *1 left-over turkey carcass; 1 medium onion, sliced thin; ½ green pepper, sliced thin; 2 stalks celery, sliced thin; 1 (1 lb.) can stewed tomatoes; ½ cup MJB Long Grain Rice, uncooked; 2 cups left-over cooked turkey pieces.* Cook turkey carcass with 2½ quarts of water, onion, and celery covered for approximately 1 hour. Remove carcass and combine broth with remaining vegetables and rice. Bring to boil, lower heat and simmer 20 minutes. Add turkey pieces. Salt and pepper to taste. Heat 5 minutes longer. Garnish with parsley and lemon slices. Serves 6.



There are 54 other delicious ideas in our new recipe booklet. Send your name, address, and 10¢ in coin to: MJB Kitchens, P.O. Box 77101, San Francisco, California 94107.

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This handy checklist (No. 734) is available for 50c, 3 copies $1. Use it to inventory your valuable papers related to insurance, property, finances, and personal affairs. Help others to locate your papers quickly in an emergency. Also, it may be a good plan for other members of your family to fill out a checklist of their own. Send order to: Better Homes and Gardens, Dept. 2L0, P. O. Box 374, Des Moines, Iowa 50302.





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Brown Sugar Pralines

1 pound C and H Golden Brown Sugar (2⅓ cups, firmly packed)
⅔ cup evaporated milk
2 tablespoons butter or margarine
1 teaspoon vanilla
Dash salt
2 cups pecan halves

In 3-quart heavy saucepan combine sugar, evaporated milk and butter. Place over high heat, stir constantly until boiling. Place thermometer in mixture, reduce heat to medium and continue cooking to 236 degrees (soft-ball stage). Remove from heat; add vanilla, salt and pecan halves, and beat with wooden spoon until mixture just starts to thicken (2 to 4 minutes). Drop from spoon into paper-lined muffin pans. (If candy becomes too stiff while spooning, heat gently to soften.) Cool. Makes about 24 pralines.

Make all the candies shown above, and more besides. Send a self-addressed, stamped envelope to "KITCHEN CANDIES," C and H Sugar, 1 California St., San Francisco, CA 94106

The pure cane sugar from Hawaii.

Soup for starters

Surprise your family wi soup first course occasio They'll like the elegant par it gives to an everyday f meal.

- Invest in some pretty or small bowls to make the course more interesting.
- Bring the soup to the ta a cheese fondue pot, larg reen, or chafing dish. Let e body ladle out his own po
- When you're short on try combining two or thre ferent flavors of canned s
- Dress up your first-c soups with a variety of garnishes. Float crouton popcorn. Try grated parm cheese or wedges of pr sharp American cheese. about sieved egg yolk, shre orange peel, or toasted alm
- If you're serving an e dinner, begin with that cou classic soup course. For e ple, you might serve New gland clam chowder, Greek on soup, gumbo, Orienta and sour soup, French soup, borsch, or Senegalese



Photograp

Tomato Tune-up

With this savory soup as a prelude, any dinner becor an occasion—

3 cups tomato juice
½ cup sliced celery
2 thin slices onion
1 bay leaf
4 whole cloves
2 dashes bottled hot pepper sauce
1 can condensed beef broth
⅓ cup dry white wine
4 thin slices lemon, halved

In saucepan, combine t juice, celery, onion, bay cloves, and hot pepper Bring to boiling; reduce Cover and simmer 20 mi Strain soup, discarding s ings. Return to saucepan broth and wine; return to ing. Float a halved lemon in each bowl. Serve with ers. Makes 8 servings.

chen pet e

rst introduced, kitchen eemed to be a thorough- actical luxury. Today, kitchens are becoming place. With the develop- man-made fibers, which hold dirt on the surface mit most stains to be away, kitchen carpet is care for.

might think that indoor- floor covering would kitchens, but you'd be It doesn't stand up well e and food stains. Your is carpet specifically de- or the kitchen and made n, nylon, or one of the fibers. A waterproof lay- rates closely tufted pile backing of sponge rub- yl, or high-density foam. events spills from seeping .

the kitchen receives rable traffic and is subject ; sweep carpet daily to soil buildup. For quick , use a carpet sweeper or ght vacuum. Every few ve your kitchen carpet a h vacuuming. A canister or one of the newer up- with a carpet-pile adjust- ill do the best job.

use synthetic fibers are orbent, spills seldom te into carpet fibers. er, blot away excess mois- m all stains using paper or tissues. Don't rub af- area as this spreads the crape semisolids with a spatula or dull-edged Then sponge stain with ter. More often than not. onging-off is all that is

urther treatment is re- there are two cleaning is that will remove most stains. One is a home add one tablespoon detergent and one table- white vinegar to a quart m water. Use only the d sponge up excess deter- minimize resoiling. The solution is dry cleaning he type used for remov- ts from clothing. Always spot remover on an in- uous area of the carpet treating the soiled area. rug dyes bleed or if the ding area is changed in ay, leave the stain alone ll a professional carpet .

ou've neglected the stain n't remember what caused he detergent solution first, e dry cleaning fluid, if in is still visible.

To dry the carpet, place an absorbent pad of clean white cloth or paper toweling over the wet area. Weight the pad down with a book or similar object and allow the carpet to dry approximately six hours. You can also dry carpet with an air blast from an electric fan or vacuum cleaner nozzle. Brush the pile to restore its original texture.

Shampoo kitchen carpet two or three times a year, using a dry absorbent powder, a spray foam cleaner, or a detergent-water solution (two heaping tablespoons of neutral detergent in a gallon of lukewarm water). While home cleaning does brighten carpet surface, it is no substitute for a thorough professional cleaning, which should be done every 12 to 18 months for best results.

Nalley's new meat treat!

Big Chunk Chili

So much beef we had to leave out the beans!



Try Big Chunk Chili—you'll never miss those beans. You'll be too busy enjoying the extra-rich flavor of chunky, lean braised beef, slow-simmered in our own special blend of sauces and chili peppers and spices. It's so delicious your meat-loving family will enjoy Big Chunk Chili straight from the bowl. But a good cook like you will also use Big Chunk Chili to create new dishes. Pour it over rice. Or noodles. Slice in leftover hot dogs. Or add diced chicken. *And, when you run out of ideas, send for a recipe folder full of ours. Write BIG CHUNK, Nalley Fine Foods, Tacoma, WA 98411.*

Nalley: the good food fanatics.



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No canned fruit comes even close to apricots in Vitamin A content. When you think how hard people work to get beautiful, it's nice to know that apricots help so much—and taste so good.

Apricots. The Beauty Fruit.

When you ne a humidifier

Your heating bills are hig
your house never is really
fortable . . . your children
frequent colds. It sounds v
ly like a television serial
unfortunately, winter at
is too often like this.

The villian here is hu
—or the lack of it. And h
bills or frequent colds
the only problems. Fur
can come unglued or cra
too. Static electricity can
nuisance, and dry air sh
the life of wool carpets
fabrics.

To know your home's
humidity, you need a hy
eter. For five to ten dollars
can buy an instrument tha
accurately measure ten
ture and humidity. If hu
falls below a comfortable
you need to add moisture
air in your house.

A good power humidi
the most efficient and tr
free unit for use with war
systems. If you don't have
air or a permanent instal
isn't practical, the best a
is a console humidifier-
luckily they're now design
an attractive addition to a
They cost from $60 to
depending on style and fe
—and need no installmen
pense. Just fill, and plug i

Top-line models have so
these features: humidistat,
state sensors, automatic sh
refill light, water-level gaug
erating light, choice of ci
tion direction (to avoid d
ball casters, fine furniture st
fan speed control, air fres
device, quiet operation, and
float indicator. Some ha
summer cover for disguise.
models usually have only a
off button, and a one- or
speed fan.

Any humidifier should
a plastic tank holding at
seven to ten gallons. The
should be simple to fill,
and empty. More exp
models inject 10 to 25 g
of water a day into the
sphere. However, five to si
lons usually are adequate f
average 2000- to 2500-s
foot house. Humidified ai
pass from room to room if
are open, and unit is plac
central location.

One note of caution. H
ity as high as 60 or 70 p
can cause damage—from
under the roof beams in
to loosened furniture glue
should check the humidity
larly, and watch for excess
ture collecting on window
walls in winter. ■



"Look at that stretch, that fit, Wowie...I've got legs."

"I got that stretch, that fit, and these legs at the L'eggs Boutique. L'eggs® Super Stretch Pantyhose Super Stretch out, and Super Stretch back to fit my legs exactly. Look at my knees...no more bagging. Look at my ankles...no more wrinkles. Hey, look at me, I've got legs.

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Lynden Farms ...Div. of Western Farmers Assn., Seattle, Washington



Dishwasher tips



If you follow the instructions in your appliance's use-and-care booklet and the detergent directions, and you still get bad results:

- Try a different brand of dishwasher detergent. Measure accurately—don't guess.
- Check water pressure. It may be too low for adequate washing and rinsing. Try operating machine only when water is not being used elsewhere in house. If machine is old, timer which regulates water fill may need replacing.
- Check water temperature. It should be 140° to 150°. Drain off cool water in pipe before starting machine. Do not operate immediately after family showers, laundry, etc.
- Load dishes according to your use-and-care booklet. Each machine has its own area of most forceful water action. Do not overload.
- If dishwasher drains into disposer make sure disposer is clear of garbage or you may get feedback scraps.
- Suspect malfunction if food remains on dishes, even though washing action sounds normal. Jets or water passages may be blocked, rotating arm disabled, filter may need cleaning, piece of silver may be in pump. Or, if you have a portable the flexible hose may be kinked.

If there are spots or film on glassware:

- Ask local water company for exact hardness of water. Soft water—0 to 4 grains, medium hard—4 to 8 grains, hard—8 to 12 grains and up. Use amount of detergent recommended on box for these conditions. Seasonal changes in origin of water supply may affect results.
- Overcome hardness with rinse additive, in liquid dispenser or long-lasting cake form. Some detergents have built-in rinse agent. Consider installing water softening unit; or adding iron-removing unit to your present water softener.
- Be sure detergent cup is operating properly—leak can cause detergent to cake and come out of the cup in the final rinse, leaving a film.
- Try a special powdered product which strips film from glassware. Boost your detergent by mixing ⅔ detergent with ⅓ special granules. The product is available only in hardest water areas.

If the dishes are not drying:

- Heating element may not be operating. Test dishes for heat at end of cycle.
- Check water temperature—it may be too low.

If there is etching on glass:

- Suspect exceptionally soft water. You can prevent further damage by using less detergent, but etching is permanent and cannot be repaired. It may be caused by insufficient rinsing or overloading the dishwasher. In extremely soft water, use minimum amount of detergent in each cup. Etching will not occur on fine crystal, or in hard water areas.

If there is roughening of glassware edges:

- Rack glasses securely, so they don't rub each other or against portion of dishwasher not coated with vinyl.

If there is tarnishing of silver:

- Rinse off sulfur-containing foods (eggs, mayonnaise, etc.) from silverware and utensils before washing. Rinse corroding foods (mayonnaise, potatoes, salt, acids) from stainless steel flatware.
- Use silverware regularly. Protect it in tarnish-proof case and use special polish formulated to resist tarnish.

If there is damage to dishes:

- Find out whether your fine china is dishwasher-safe. Most fine china is if washed in the "short wash" or the china and crystal cycle.

If your machine lacks these place detergent only in closed portion of cup and use the shortest wash cycle available on your dishwasher. China can also be tested by leaving one piece in for several weeks washing—then comparing it finish with other china.

- Do not wash antique or hand painted china in dishwasher or hollow-handle knives, wooden bowls or cutlery with bone wood, pearl or plastic handles, unless approved by the manufacturer. Wash gold rimmed glasses or lacquered color ware (anodized aluminum) by hand. Check with manufacturer before putting plastic dishes or storage containers in your dishwasher.



The most delicious gathering of grains, nuts and fruits that ever got together in one box.

Introducing Quaker 100% Natural Cereal.

The first time you taste it, you're in r quite a surprise. The nutty flavor mes from wheat and oats. The crunchi- ss comes from chopped almonds and conut. The chewiness comes from sins and dates. The sweetness comes om honey and brown sugar.

An avalanche of those naturally od things that have always delighted ankind. With all their original taste, tex- re and nutrition intact.

lo synthetics. No mystery ingredients.

What you read on the box is what u see on your spoon. Nothing synthetic s been added. Nothing natural has been ken away. And that's why Quaker 100% tural Cereal tastes so unusually good.

The only artificial preservative in our box is our bag.

Unrefined whole grains like the es in Quaker 100% Natural Cereal are rn with their own natural means of self-preservation. Since Quaker doesn't process out these natural preservatives, we don't have to add any artificial ones.

But to insure a perfect inner atmosphere that keeps the crunch crunchy and the fruits moist, there's our tough inner bag. It helps lock out the foes of freshness.

An extraordinary cereal that costs no more than ordinary cereal.

Quaker 100% Natural Cereal isn't puffed or aerated. So there's less air, and more solid food per cubic inch. Which is why, though the box is smaller, ounce for ounce, it costs no more than the ordinary breakfast cereal. Yet a close look at our table of contents shows that it contains a host of premium-priced ingredients.



We never really left the farm.

Quaker didn't make 100% Natural Cereal just to jump on the back-to-nature bandwagon.

For 50 years we've been as close to the good growing things as you can get. The great grains, the fruit of the vine, honey from the flowers. So the idea of a natural breakfast cereal seemed especially refreshing.

Nothing's as exciting as an idea whose time has come.

Our concept was to create a truly modern cereal. With all the old-fashioned virtues.

We did. And its time has come.

Quaker 100% Natural Cereal.



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Monarch makes the scene with "Scandia Sun"® carpet. And with imaginative designs that magically transform any room into pure excitement.

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MONARCH CARPET MILL

ys to ke your ning sier

making more work of han you need to? Per- trouble lies in careless and drying, inadequate nt, or improper handling s no-iron fabrics.

have fewer wrinkles in iron fabrics if you ob- ertain washing proce- on't use hot water un- ning is heavily soiled. If use a slower spin speed pressure on fabrics.

over-dry. Remove rom the dryer as soon as o prevent wrinkles from f you do leave clothing the bottom of the drum, etumble for ten to 15 with heat.

jamming your dried into a basket when you t from the dryer. Take or two to hang items shirts, blouses, and hat require only touch- g. You'll find that many will shake or hang out. overload the dryer. This rinkling, whatever the ermanent press and oth- n fabrics require lots of tumble about freely so ur loads smaller than en washing or drying.

find your clothes cling- h other and to the sides ryer drum, use a fabric Synthetic fibers, which the fabrics found in sh loads, generate static . A fabric softener ntrol this static and lothes softer and less

l sorting can also ease ning job. By sorting g you plan to iron, you in with those articles quire a low heat setting. you don't have to wait l-down to tackle those t take a higher heat.

r steam iron sputters ters when you first use probably didn't empty rly the last time you r you stored it flat on ate. In both instances, water left in the steam can cause sputtering as heats up. Always empty r after each use while is still warm so the re- moisture inside will . Store the iron on its

manufacturers strongly nd using distilled water irons. Impurities found ry tap water can quick- ly clog the tiny spray or steam passages.

Another prerequisite for ironing ease is a good ironing table. Choose one that's lightweight, and adjustable so you can select the ironing height that's most comfortable for you. The table should also have a sturdy metal top with adequate ventilation for steam to penetrate. A sleeve board is a handy addition, particularly for those small touch-up jobs when you don't want to bother with setting up the regular ironing table.

A cord minder will help relieve arm fatigue and keep your iron cord from getting in the way as you work. Consider, too, an iron holder which frees more ironing space and eliminates the danger of knocking the iron from the table.

"It's that old-fashioned pickle barrel flavor"



"The secret of making perfect pickles is patience," says Graeme Reid, Nalley's pickle fanatic. "First, we select the top cucumbers from cucumber crops grown specially for us. Then we age 'em in old-time wooden casks. Finally, we make sure they're slow-steeped in Nalley's own special blend of vinegars and seasonings. When we say old-fashioned pickle barrel flavor, we mean just that."

FREE RECIPE FOLDER. Send stamped, self-addressed envelope to Nalley's "Pickle Serving Ideas," P.O. Box 11046, Tacoma, Washington, 98411.



Nalley's: the good food fanatics.



Photograph: Hedrich-Blessing. Designer: John L. Harrison, A.I.D. Source: Patricia Mer

Ins and outs of alcoves

What to do with an alcove? Should you treat it as a separate area or incorporate it into the overall room scheme? Either course can be successful if you use well-scaled furniture, make the most of color and pattern, and select accessories with care.

Above: A closet protruding from the corner of this room left an awkwardly situated alcove. To make use of this wasted space, a seating-sleeping platform was built to the width of the opening and topped with foam cushions. The platform also houses stereo speakers. Alcove walls and ceiling were covered with patterned vinyl, and a roman shade was hung at the off-center window.



Photograph: Ernest Braun. Source: Barbara Cath

Photograph: Hedrich-Blessing. Designer: Charles Scott Riley III, N.S.I.D., A.I.D.



Above: Careful selection of properly proportioned furnishings transformed this alcove into a focal point of interest. Credenza provides good visual weight and ties the seating group together. All-white background was carried over to the alcove for a spacious effect and to provide good contrast for the large painting. In a bigger room, you could paint the offset area a strong accent color.

Left: The addition of impressive Moorish arches serves to define this alcove and highlight the handsome trophy cabinets within. Although space from supporting columns to inside wall is only about two-and-a-half feet, subtle overhead lighting gives an illusion of depth. An alcove is an ideal spot to display a collection since the area is somewhat removed from the mainstream of traffic.

New Two-in-One entrees.

Delicious things like Beef Stroganoff. Complete with noodles. And Sea Scallops Mariner, with parsley rice.

And Green Pepper Steak. Shrimp Creole. Sweet and Sour Pork. And Beef Chop Suey. All with rice.

We've put each part of these single-serving entrees in separate cooking pouches. For example, the Beef Stroganoff cooks in one pouch; and the noodles cook in another.

That way, each part comes out just right. And all you have to do is put them in boiling water. Just fifteen minutes later, you've got a great meal.

Stouffer's Two-in-One entrees. Six new reasons that it's a good day for Stouffer's.

Stouffer's introduces six great meals you can fix just by boiling water.



Stouffer's
Frozen Prepared Foods

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(SAMPLE)

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(SAMPLE)

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Vandermint is more. It's a delicious mixed drink. Or a parfait. Or an exquisite after dinner drink.

Imported from Holland, Vandermint chocolate liqueur is whatever you want it to be.

What more could you want? Somebody special to give it to.

1. VANDERMINT CHOCOLATE CHEESE PIE: Cream 3/4 cup Vandermint, 8 oz. cream cheese. Add 1/2 cup milk, 1 pkg. (4-1/2 oz.) instant chocolate pudding; beat smooth. Spoon into 8" chocolate crumb crust: 1-1/4 cup chocolate snap crumbs; 1/3 cup soft butter. 2. VANDERMIST: Pour 2 oz. Vandermint over crushed ice in champagne glass. 3. VANDERMINT ALEXANDER: Shake 2 parts Vandermint, 1 part each gin and cream with cracked ice. Strain into cocktail glass. 4. VANDERMINT & ICE CREAM: Pile scoop of ice cream into dessert dish. Top with Vandermint. 5. VANDERMINT & VODKA (V & V): Pour 1 part Vandermint and 2 parts vodka over cubes in a "rocks" glass. 6. VANDERMINT PARFAIT: Alternate Vandermint and scoops of pistachio, chocolate, coffee ice cream in parfait glass. Top with whipped cream, splash Vandermint. 7. VANDERMINT MOUSSE: Mix in blender 6 oz. semi-sweet chocolate pieces, 1/2 cup Vandermint. Blend. Add 1/4 lb. soft butter (in pieces), 4 egg yokes. Blend. Beat 4 egg whites, 2 Tbsps. confectioners sugar till stiff. Fold into Vandermint mixture. Pour into dish lined with Vandermint-dipped ladyfingers. Chill. 8. VANDERMINT FONDUE: Melt 6 oz. semi-sweet chocolate pieces. Stir in 1 cup sour cream, 1/2 cup Vandermint. Serve warm. Dip strawberries, cookies. 9. DUTCH COFFEE: Pour jigger of Vandermint into cup. Add hot coffee. Top with whipped cream. 10. VANDERMINT STRAIGHT



IMPORTED AND BOTTLED BY PARK AVENUE IMPORTS, 375 PARK AVENUE, N.Y.C., 60 PROOF

Show-off closets

The hall closet should be r than just a convenient ca all for off-season clothing, clubs and miscellaneous ho equipment. You can mak the brightest, most orig spot in your front entry with posters, paint and haps a generous dose of tern. Here are two imagina ways to create a little close citement in your home.



Photograph: Hopkins. Designer: Robert

Personality posters and b shiny enamel put pow into prosaic closet. Folding panels and hanging clothe were spray-painted a vivi A flat-finish black latex provides a background black and white posters were attached with a spr poster paste. Varico wooden coat hangers a final lust-for-fun fillip.



Photograph:

Twin closets in the foye more than this family n so they turned one into a booth. Closet walls and b plywood shelf were c with a black and whit metric paper. For co there's a zebra print c chair and a ticking str the hallway. A large visually expands these tight quarters.

Family skiing

Continued from page 212

is Mt. Mansfield, Vermont's highest. From the upper terminal of the gondola, perched under the mountain's rocky summit ridge, the view is awesome. Awesome, too, are Stowe's steep trails, which are among the toughest in the country.

But Stowe is great for families, too. This is a big and varied mountain; the Toll House and Spruce Peak slopes are as gentle as any novice could desire. Varied, too, are the accommodations in town and along the mountain road. These range from sleeping bag and dormitory facilities for a couple of dollars a day to staid dress-for-dinner inns in the $30-per-person-per-night category. There's cross-country skiing at the Trapp Family Lodge (of "Sound of Music" fame); saunas, swimming pools, and fine cuisine at many of the more than 70 lodges; nighttime entertainment for all tastes. The drive from New York (5¾ hours via I-95, I-91, and I-89) or Boston (4½ hours via I-93 and I-89) is almost entirely over high-speed interstates. There is scheduled plane service to Montpelier and Burlington.

Lift prices run to $10 a day, but there are many package plans to reduce the bite: from about $60 for five days of lifts, lessons, food, and lodging, available through the Stowe Area Association, Inc. (write to Box 1230V, Stowe, Vt. 05672, or call 802/253-7321). There is an excellent ski school with over 100 instructors. Eight lifts, including a high-capacity gondola, transport skiers up a 2,150-foot vertical. There are four restaurants at or on the slopes, plenty of rental equipment, a nearby nursery—and, for obviously good reasons, sometimes long lines of waiting skiers.

Madonna Mountain, Vermont, is known to most skiers in the East as the place on the other side of Stowe—Mt. Mansfield's backside, as some unkindly call it. Those who have been there are delighted that its charms are not yet widely known, for at this point—even on weekends—crowds pose none of the problems encountered on Stowe's front side.

Madonna is actually a complex of three adjoining interconnected mountains with a total of 27 trails, three chairs, and a rope tow. One of these is Morse Mountain, and that's where you'll find Madonna Village, the best place in the area for families with small children: a condominium complex with a slope-side nursery, a free rope tow for the young ones, and ready access to the slopes.

Though Madonna really is just a few miles from Stowe, don't go there via Stowe; Smugglers Notch, the connecting pass, is closed in winter. Madonna is an easy drive from Burlington, though, where there's an airport—or you can drive on I-89 almost nonstop from either Boston (258 miles) or New York (337 miles).

The skiing at Madonna divides itself into the tough trails on Madonna Mountain and the easy ones on Morse Mountain with the slopes on Sterling Mountain sort of in between. Snow conditions are usually reliable, and prices always very reasonable: $7.50 weekends and holidays, $7 weekdays (no discounts). Ski week lift-lesson packages for 5½ days run to $42.50 for adults, $35 for kids. Lodging at the mountain costs about $10 and up per person per day, not including meals. On the access road and down in Jeffersonville, you can get lodging plus food for about the same price. For information, write: Jeffersonville, Vt. 05464, or call 802/644-8851.

Jay Peak, Vermont, is the state's northernmost area and the only one with an aerial tramway. At both base and summit of the cable car are mighty terminal structures with good restaurants and—at the base—a rathskeller. There are a few tough runs from the top—which end up in long, flat traverses—but most of the terrain is for low intermediates. For sustained excitement, the best skiing is still on the original T-bar-serviced slopes of Little Jay.

Weekends, there's a sizable contingent from French Canada. But during the week, the vacationers are from all over the East, drawn not only by the European ambience, but by Jay's famed ski school, one of the first to use the direct parallel approach (they promise you'll ski parallel in a week—and most students succeed). The school also pioneered video-tape critiques. There's a nursery and a fine assortment of resort amenities for the young, including ski movies, folk dancing, ice skating, parties, and the like. The

Continued

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Family skiing

Continued

full-rate lift ticket is $8, with many options available in non-holiday ski packages. Jay is a 235-mile drive from Boston, 385 from New York—past an awful lot of good ski areas. It must say something that thousands every year do it. For information, you can write: Jay Peak, Inc., N. Troy, Vt. 05859, or call 802 988-2647.

Big Boulder, Pennsylvania, was one of the first areas in the country to make its own snow. They've been making it a long time, they make a lot of it, and they make it well. Their 450-foot vertical hill may not be awe-inspiring, but knowing that it will be well covered and groomed brings lots of to the resort. On a weeke $7.50 ticket gives acces half-dozen lifts. There's ski school, rental shop, r ski packages, etc. No loc the area, but Split Rock at nearby Lake Harmony excellent food. Rates: ab a day and up, America There are others in the some charging more, so Philadelphia is only 9 away via the Pennsylvani pike. For information, y call 717/722-0101.



Bromley, Vermont, i southern part of the st has a southern exposu drive is about 120 mil Boston, 220 miles fro York, less than 500 fron ington, but on those cold days, it's not Bromley's bility so much as its su posure that draws the

Bromley's founder, Pabst, was one of the fir to make things easy fo families. Not only did h nursery in his lodge bac days when most othe didn't even have a lodge already cut a baby slope

Today, Pabst runs on world's biggest snow plants, and he keeps groomed like white fai

Beds at the area—in miniums and chalets— hard to come by, but lodges like Johnny See the Kandahar have first cilities. The economy though, would do b lodges down the valley chester. Full-rate ticket eight lifts costs $10. S ages are available on a back guaranteed basis if don't operate. For info call 802/824-5522.

Lake Placid, New Y the site of the 1932 Olympics. Later, the Lake Placid Club devel own private ski area (n to the public) on Mt. and Governor Averill H

Continued on p





"May all your screwdrivers be Harvey Wallbangers."

That's how true believers in vodka and orange juice toast each other.

Because, thanks to Galliano, a Harvey Wallbanger is more than just a gold-plated screwdriver. It's the party drink of the decade, the taste that's sweeping the country. Proving how Galliano can add new life to the most familiar combinations.

Make your next drink with a friend or friends a Harvey Wallbanger party. Somebody brings Liquore Galliano. You take it from there:

Fill tall glass with ice cubes.
Fill 3/4 full with orange juice.
Add 1 oz. vodka. Stir.
Float 1/2 oz. Liquore Galliano on top.

LIQUORE GALLIANO

With rising fuel costs, and the urgent need to conserve energy, here's how to find out if your home is wasting fuel.



A Presidential Committee has ecently recommended that the Na- on act now to conserve energy uels. One of the best ways to do his is to make sure your home has *dequate insulation.*

In fact, if your home is more han 15 years old, it probably oesn't have adequate insulation nd it may be wasting more than 5% of its fuel. Or costing almost wice as much as it should to keep our family comfortable.

If you're building a new home, ou can nip this problem in the bud, y telling your builder to use Fiber- las*6″& 3″ insulation. That's 6″ of iberglas in ceilings and 3″ in walls. : helps stop fuel waste, and can cut eating/cooling costs as much as 0%.

In an existing home, it's easy o find out if you're wasting fuel, ither because of poor insulation, or ther reasons:

tart at the top.

Take a ruler up to your attic nd measure the insulation. If i ess than 6″ thick, you need mo Remember, heat rises. 6″ of Fib glas insulation in ceilings he top heat from escaping throu our roof—allows significant s ngs in fuel costs. In summer tops solar heat gain that forces conditioners to run longer than r ssary. And finally 6″ of Fiber nsulation in ceilings will make amily feel a lot more comfort ear round.

Two thermometers let you double-check.

Place one thermometer against an outside wall and another hermometer in the center of the oom. Leave them for 4 hours, then ake readings. The thermometer on he outside wall should not be more han 5 degrees lower than the one in the middle of the room. If it is more than 5 degrees lower, it's another sign your home needs more insulation.

A candle can lead to additional savings.

You may be losing heat from openings in your home. Light a candle and hold it near the edges of windows and doors. If it flickers, you probably need caulking, weatherstripping, or storm windows and doors. They can cut your fuel costs by as much as 10%.

Check your furnace and filters.

Start the heating season right. Have furnace serviced. Change air filters once a month. Dirty filters make your furnace work harder and longer, wasting fuel. Owens-Corning recommends Fiberglas Dust Stop* filters. In six packs

The dollars and sens Fib rglas insul

You can do it yourself in less than a weekend. Cost for an average home is about $100. If you're building a new home, the cost of 6″ & 3″ is less than 1% of the total construction cost. In both cases, fuel savings soon pay for the insulation cost.

How much *you* save with 6″ of Fiberglas insulation in ceilings depends, of course, on the size and location of your home. But it's easy to get a good idea:

Send for Computer Analysis of heating and cooling savings in your area, and new booklet on reducing fuel consumption.

We will send you a free copy of a very helpful new booklet, "7 Ways of Reducing Fuel Consumption in Household Heating Through



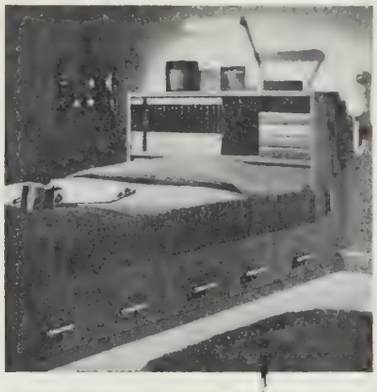
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Plans for a Bunk Bed

Here is a plan for a storage headboard bunk bed that will be a convenient delight! The bookshelf holds a complete encyclopedia with space for school books. Lower headboard holds odds and ends; drawers below store bedding. Send check for **Plan 3607-9, $2.00,** to Better Homes and Gardens, Dept. 2LU, P.O. Box 374, Des Moines, Iowa 50302

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Family skiing *Continued*

age rates run about average for the Northeast. There's ice skating, ski-bobbing, and swimming when you're tired of skiing. For information, call 603/823-7775.

SOUTH

Beech Mountain, North Carolina, doesn't sound like a place where you'd find good skiing, but don't be fooled by its Dixieland location. The Great Smokies are the highest mountains east of the Rockies, and even though the snow usually has to be man-made, altitudes are high enough here to keep it from melting. Often you can keep skiing right through March.

Beech Mountain is but one of several resorts in this area, which is almost exclusively devoted to family skiers, but it's the most extensively developed. Its summit house, highest in the Eastern U.S., stands at 5,500 feet, and there are 20 acres of sn fields and five miles of r served by an enclosed gond five chair lifts, two J-bars, three rope tows. Among the f ily-oriented features, you'll a good ski nursery, chalets kitchen facilities (about $160 the five-day midweek peri several restaurants, shops, a good equipment rental sta Learn-to-Ski week specials Monday through Friday) about $55 for adults, $40 children, and cover all lifts, two-hour lessons, and equipr rental.

Beech is located at Ba Elk, N.C., about 108 miles of Salem, on Highways 421, and 184. For information, directly to the resort or to N Carolina Department of Co vation and Development, leigh, N.C. 27611.

Free travel literature on skiing

With *Better Homes and Gardens'* new Travel Services gram, you can write for additional free literature on the sub described in our major travel features—such as this mo article on skiing, which begins on page 207. Some of this i mation gives you details on the destinations themselves; brochures help you deal with hotels, motels, and car rentals.

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Sewing with today's fabrics

Before you sew a stitch, get to know the characteristics of the fabric you've chosen for that special garment. Teaming the right backing, interfacing, lining, and thread with your fashion fabric is as crucial as choosing the right pattern.

Double knits are fabrics with a double thickness made of wool, cotton, synthetics, or blends. Uncrushable and virtually wrinkle free, double knit performs best in simple, tailored styles. Like all knits it does snag, though. When this happens, push the loose threads back through the same hole they came out of. Don't pull them and never cut them off. If cut, the threads will ravel.

Pre-shrink all double knits before starting to sew. Wool double knits should be dry cleaned. Wash synthetics and cotton double knits in warm water with normal agitation. Dry in dryer. Never use a hot iron on knits because heat can stretch the fabric. Heat will also set stains in the fabric.

Linings and underlinings are optional with knit garments. If you use either, choose a fabric especially designed for knits such as 100 percent polyester. Wool double knits require interfacing as do some lightweight polyesters. Use a featherweight, all-bias, nonwoven interfacing—muslin, batiste, lawn, or taffeta. A lightweight hair canvas is suggested for suits. Stitch wool and synthetic knits with 100 percent polyester, cotton-wrapped polyester, or nylon thread. Seam cotton knits with mercerized cotton thread.

Single knits such as synthetic jersey and dress-weight tricot are ideal for soft, drapable fashions. Do not use with patterns that have pressed pleats or crisp edges as these fabrics do not crease well. Since tricot sometimes stretche on the bolt, ease yarns and remov any excess finishing solution b washing. Use a fabric softener t reduce static electricity and mak fabric easier to work with.

Backing is usually not nece sary with tricots. If you line th garment, choose a material wit the same give as the outer fab ric. Underline jersey garmen with China silk, voile, or batist Interface buttonholes and othe stress areas with all-bias, no woven interfacing. Stitch with n lon or polyester thread.

One luxury knit, Quiana, ori

"We're just starting out. And we don't have a lot of money. But Tom says he wants wall paneling in our first home.

I do, too, but what kind of paneling will look good with our funny furniture? And what about carpeting and paint colors? How do I make sure they all go together?

Besides, where in the world can we find the kind of paneling we like, on our budget?"

ally introduced at the couture vel, is now available in many abric departments. Made of ny-n, it combines the look and feel f silk with the performance and asy-care characteristics of a syn-etic. This fabric offers good ape retention, colorfastness, and rinkle resistance. It comes in ngle and double knits as well as oven types of fabric.

When choosing a pattern for uiana, consider those with a inimum of seams and little top-itching. Choose underlining, lin-g, and interfacing of nylon or olyester fibers because they will ot shrink when hand or machine ashed, tumble dried, or ironed. or these same reasons, do your itching with silk, nylon, or poly-ster thread.

Unlike other synthetics, Quiana equires a higher pressing tem-erature (low wool setting is sug-ested for most irons). Test a vatch of your fabric first. If it lazes, reduce the temperature on e iron and test another swatch f fabric.

Bonded fabrics are those with face material (woven or knitted) hich is fused to an acetate or nylon tricot backing. This bonding provides a built-in lining and eliminates seam raveling.

It's very important that fabrics be bonded on grain. To check, fold a portion of the fabric to see if the lengthwise grain on both sides is parallel. Also look along raw edges for any separation of backing and face fabric.

If the bonded fabric is loosely woven and does not provide sufficient support, interface at neckline and buttonholes with preshrunk muslin or batiste. Use hair canvas in suits and coats. Thread should be silk, mercerized, or polyester to give best results.

Some bonded fabrics are washable; others should be dry cleaned. Don't assume that if the hangtag says "washable" you can also dryclean your garment. Some bonding adhesives are soluble in dry cleaning fluids, and fabrics will come apart. Other bondeds can only be dry cleaned because their adhesives are water soluble. Be sure and save the laundry instructions for bonded fabrics.

Stretch fabrics are woven with special yarns that give with the body and bounce back to their original shape. Do not confuse them with knits. Stretch qualities can be given to such classic fabrics as denim, gabardine, corduroy, seersucker, wool, and silk as well as to synthetics and blends.

There are three kinds of stretch fabrics: lengthwise stretch for pants and slacks; crosswise stretch for blouses, shirts, jackets, coats, skirts, shorts, and dresses; two-way stretch, used mostly for swimsuits and undergarments.

It's best to pre-shrink stretch fabrics. Stitch seams with nylon or polyester thread; interface with all-bias, nonwoven interfacing. Select a stretch fabric for the lining to maintain the same elasticity throughout the garment.

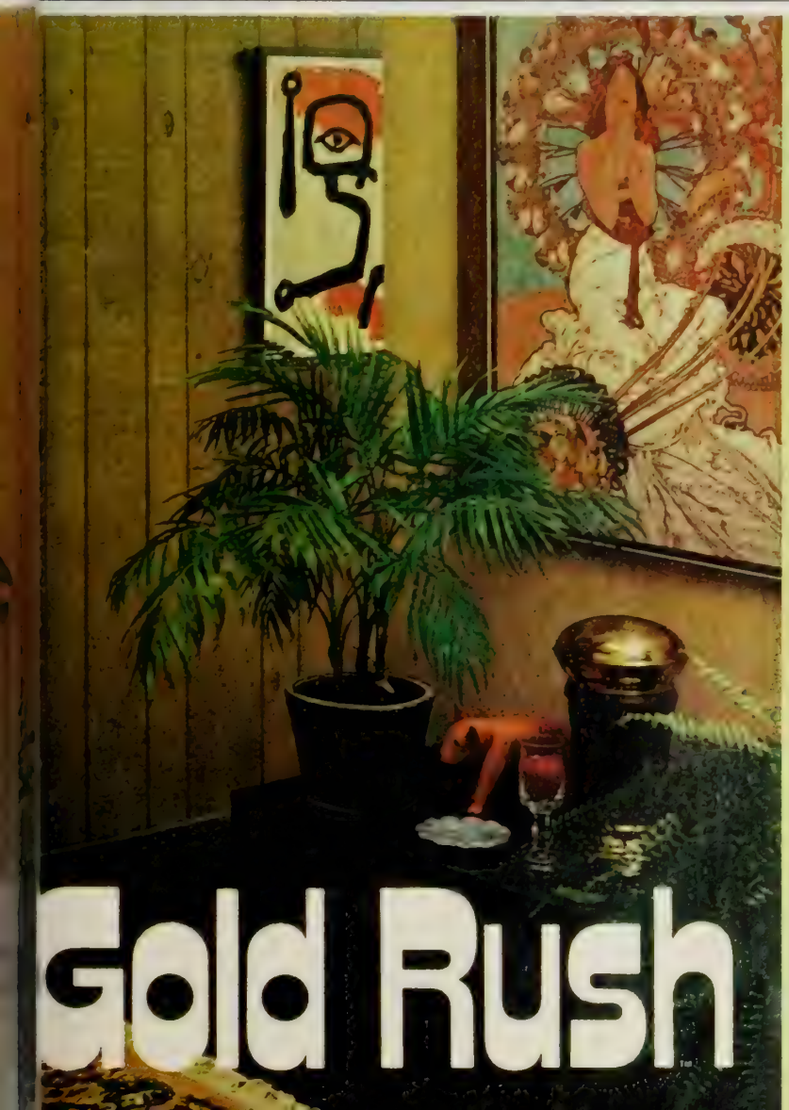
Fake furs, the fun fabrics of the sewing world, range from flat to fluffy and are as suited to pillows, handbags, and couch throws as they are to wearing apparel. Since this synthetic fabric with its knitted or woven backing is bulky, use simple patterns with few seams and a minimum of details such as darts, pleats, and tucks.

Sewing with fake fur takes extra patience, but you'll find mistakes show less under the pile. If the fabric has prominent markings, match these as carefully as you would match a plaid. Work from the wrong side of the fabric and cut only the backing, not the pile, using sharp scissors or a single-edge razor blade. You don't have to underline fake furs, but a silky lining will add to your wearing comfort. Omit interfacing, except in tailored coat collars where hair canvas is suitable. Stitch with heavy-duty mercerized or polyester thread. After stitching, turn garment to the right side and, using the blunt end of a long needle, pull out any pile that has caught in the seams.

Some fake furs are washable; others require dry cleaning or the special cleaning method used for fur coats. Finger-press seams with your fingernail. If you must use an iron, steam press from the wrong side on a needle board, a scrap of the same fabric, or several layers of terry cloth towels.

Leather is a natural for everything from jackets, vests, and hot pants to handbags, hats, belts, and trimmings. You can buy leather in most fabric departments where it's

Continued on page 225



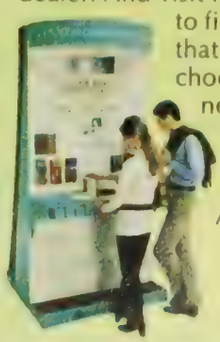
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Curtainless windows



Photographs: Hedrich-Blessing. Interior designer: David Wright. Source: Elizab

For an uncluttered traditional look, hang a bank of shutters a bay window and then set interesting bottles in the windo color. These shutters match the walls, but smaller ones pick up carpet or upholstery colors. Shutters work well you want to completely close out light and/or view.

Interior designer: John Applegate



Another way to cover an ugly view: tack light-colored cloth over the window and then hang plastic beads across it. These yellow and green sun-light-catching beads are not fastened at the bottom edge so the window can be raised and lowered easily, as needed.

Interior designer: John A



The crisp look of match blinds is tailor-made f modern room. They offe tural interest and privacy do not compete with the uncluttered lines of co porary furnishings since window dressing is confin the opening.

Interior designer: John A



To give a tastefully decorated look to "plain Jane" wi shades, try this. Edge the shades with a wide band of v trim (self-adhesive fringe or tape, wallpaper border, gim ribbon. If you're the adventuresome type, paint or sten original design or apply a fabric appliqué.

:wing with day's prics *Continued*

s skins or hides. To deter- how many skins you'll follow yardage require- on your pattern for 36- naterial. Multiply this by and add 15 percent for and trim.

ther can be taken in. but t out (seam marks show). u're in doubt about pat- t, make a muslin shell first. attern pieces on the wrong he long way of the leather, old in place with masking pins leave holes). Cut only le thickness. as leather is and tends to slip. Hold and darts together with r paper clips; stitch with eavy-duty mercerized, or ter thread. Flatten seams mallet (or heel of shoe) ue seam allowances, hems, cings with rubber cement. st jackets, coats, and pants be lined to make them to slip on and off. Select a y fabric such as synthetic tate sheath lining. Inter- collars, cuffs, and front areas with hair canvas or ven interfacing.

ther-look-alikes, popular- wn as vinyl, polyurethane, inkle patent, usually have en or knitted backing of or nylon. Sueded cotton, closely resembles its counterpart, has a d cotton face, cotton-knit g, and expanded vinyl in n. It's machine washable an be tumble dried. Poly- ne-coated cotton, with the f kidskin, should be wiped with a damp sponge (wash- dry cleaning may cause ating to split or peel). these synthetic fabrics nany differences which af- eir care and handling, read gs carefully and follow ons.

can press some leather- likes with a light touch dry press cloth. Others be finger-pressed, only. send vinyl garments to y cleaner. Either wash, gtag indicates, or wipe off cloth and warm, sudsy Never machine-dry vinyls.

able press (or permanent is a heat-and-pressure- sed fabric that remains e free through repeated gs and wearings. This are virtue does, however, certain sewing problems. nooth, hard finish makes ric less pliable and more lt to handle. Durable press ends to pucker at the seams, particularly on the length- wise grain.

When choosing a pattern, look for one with a minimum of seams, pleats, and tucks. Because of its built-in wrinkle resistance, durable press is not suited to patterns with sharp creases as they disappear with washing. Use wash-and-wear linings and interfacings and stitch with mer- cerized or cotton-wrapped poly- ester thread. Machine-wash your durable press garments in warm water, then cold-rinse and tum- ble-dry. Remove garments from the dryer immediately at the end of the cycle.

It's extremely difficult to alter garments made of durable press fabric. You can take them in successfully but you can't let them out or lower hems without leaving marks. ■

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Leaf art

Photographs: Hopkins

The light and airy leaves shown here have been treated by a process known as skeletonizing. They emerge tissue-thin, transparent, and spectacular. But don't try it unless you've time to spare and are prepared to observe such safety precautions as wearing protective gloves and keeping youngsters away from work areas.

Place leaves in a solution of three tablespoons of lye, a fourth bar of yellow kitchen soap, and one quart water and boil for about two hours in a glass cookware pan. Rinse carefully, then pound (with the rounded end of a wooden handle) and brush away pulpy material between veins. Soak the leaves in household bleach, then rinse in cold water. Dry the leaves flat and attach stems made of florist wire covered with floral tape.



Use leaves of various color values eye-catching appeal. One large light n nolia leaf (below left) is placed verti ly in the rear of a pebble-filled conten rary pottery container. Wire dark rho dendron and camellia leaves toget then fan out the bunch and insert in ter of the bowl. When flowers are sca arrangements like this form a good ba ground for just a few blooms.



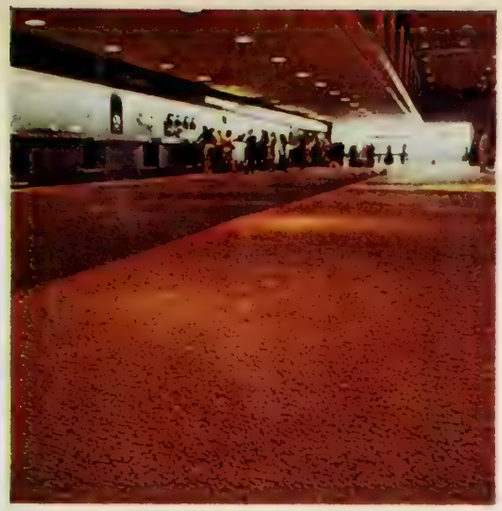
Sprays of maple and redbud lea are arranged loosely in a footed glass vase. For a clustered branch effect, three or four of these individual leaf st together. Use thin cloth-covered found in hobby shops to simulate tend These leaves need a minimum of "co ing" time and shouldn't be brushed vigorously. Additional leaves and s pods are scattered at base of arrangem



Dramatic assemblage of oak lea fills a squat ceramic vase with a looped tendrils of asparagus fern to the low-line contour. Oak leaves tough so they'll need a maximum of b ing time and vigorous brushing. As th leaves are large, they'll look best ranged individually rather than in c ters. Combine them with other brilli fall leaves for a spectacular effect.

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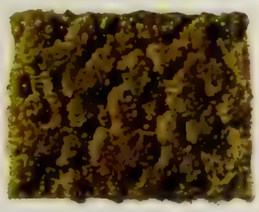
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A kitchen planned to be perfect

By Stephen Mead, Architectural Editor

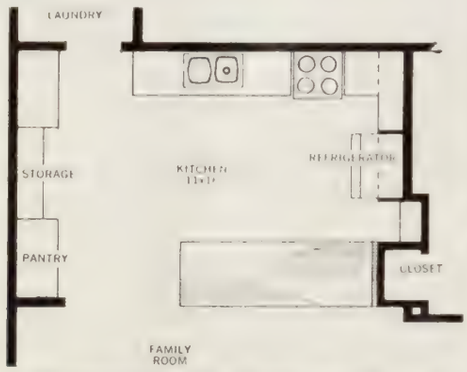
How can you keep your kitchen organized, efficient and clutter-free? One way is to centralize your storage system. Here is how it works in this kitchen.

With standard cabinetry, an entire wall becomes a storage center (see plan and pictures below). The wall is made up of freestanding pantry units and a mixture of wall and base cabinetry.

This frees the work area of unnecessary clutter. The result is an efficient arrangement of dishwasher, sink, range, work surface and refrigerator.

The absence of wall cabinets above the appliance center opens the way to an excellent lighting system. Helped by a combination of diffusers and baffle boards, the fluorescent lights shed concentrated illumination directly over the work areas.

The maple butcher-block table serves three ways: as a meal-planning desk, food preparation counter and snack bar.







Photographs: Platon-Athan Studios.



Buying information, page 163

low to get the family back into the family room.





From the shelves of a Sherwin-Williams store we selected Sherwin-Williams Danish Walnut stain for the ladderback chairs and durable satin enamel for the pedestal table.



The front of this campaign chest was finished with Sherwin-Williams Fruitwood stain. The top and sides are covered with adhesive vinyl.

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Best of all, your Sherwin-Williams man has decorating ideas, all
tained in a free booklet, "Ideas for Family Rooms." Ask for it at your
rwin-Williams store. (It includes the room shown here.)

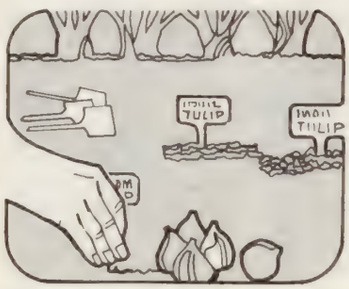
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GARDENING IN NOVEMBER



November is the time for winding down gardening activities and cleaning things up before winter. If you live in an area with cold winter weather, now's the time to prepare your plants for icy blasts ahead. Late plantings of bulbs, shrubs, and trees, including evergreens, are possible in some areas, but might be risky if you live in a region where winter weather comes early.



Label it

Labeling newly planted bulbs and late-starting perennials will pay off next spring. Even though you think you can remember where everything is planted, it may be difficult to find everything after a few months have passed. Use wooden or plastic labels and marking pens to identify the newly planted additions to your garden.



Spray it

All new plantings and both conifers and broad-leaved evergreens usually benefit from winter protection. Evergreen leaves are susceptible to winter burn damage, which occurs when roots in frozen soil are unable to replace moisture lost through foliage during periods of warm winter weather.

You can coat your evergreens with a thin latex film that keeps the needles from losing moisture during winter months. Commercial products for this purpose should be available at garden centers. If you have only a few plants, get an aerosol applicator filled with the latex.

Mulch it

Since mulches prevent the soil from freezing so deeply, at least part of the root system has access to moisture. Mulch reduces fluctuations in the temperature of the surface soil, thus minimizing the alternate freezes and thaws that cause plants to heave in the ground.

If you apply mulch to flower beds, remove dead annuals and cut off tops of perennials close to the ground. This kind of cleanup will help eliminate disease and insect pests that might overwinter in dead plants.

In mulching, do not cover the crowns of evergreen perennials like Madonna lily, foxglove, and oriental poppy. Wet, soggy mulch can cause crown rot infection in delphinium, columbine, and Shasta daisy, also.

Protect roses

Most kinds of garden roses need protection against freezing temperatures. Hybrid teas and grandifloras both need some kind of covering to improve chances of survival. Most large flowered climbers, particularly climbing hybrid teas, need protection also. Tea roses are for warmer climates and may be difficult to carry over outdoors in severe winters. If you grow roses in pots or other containers, move them into an unheated garage or other shelter to spend the winter.

Several types of foam-formed cones are available to slip over pruned rosebushes. Anchor the cone at the base with a small soil mound or other weight. You use the cones for the same reason you mound porous material over the canes: to trap latent heat from soil and keep plant parts slightly warmer than outside temperatures.

These methods are not foolproof—you may still lose some plants. In most cases, however, protection is worthwhile.

Shrub roses often are better off with a minimum of protection. Rose canes may be killed back, but new growth will quickly replace them next spring.

Roses should be planted with the bud union or graft knob

What to give a girl if
she's a size 8 or 14.

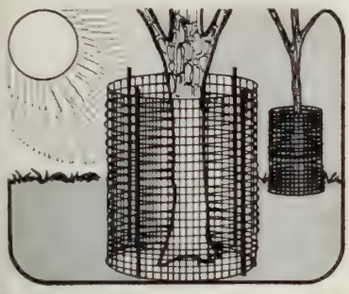




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about two inches below the surface. That way, new growth will come from the desirable portion of the rose, instead of the undesirable rootstock.

If you have a system of protection that always works for your roses, stick to it.



Prevent rodent damage

Young trees and shrubs require protection during the winter from destructive field mice, chipmunks, and other rodents.

These rodents burrow tunnels beneath the snow at ground level and chew the bark of trunks and stems. Spreading yew, juniper, hemlock, fruit trees, and young deciduous ornamental trees have been extensively damaged when snows linger long and rodents become hungry. Sometimes enterprising mice travel on deep crusted snow and girdle trees far above ground, killing them.

Repellents are available to discourage this feeding. Also, you can enclose the lower trunk of young trees with a fine mesh wire. Remove or pack the snow around the base of small trees to eliminate air pockets and foil tunneling rodents. To thwart hungry rabbits, scatter blood meal on the ground.

Overly deep mulches can be havens for mice. It's best to keep mulch material light immediately surrounding the trunks of trees or shrubs.

Clean up

Some more cleanup activities to tackle soon include taking leaves out of drainpipes and storing tools. Water falling from leaf-clogged gutters can quickly damage foundation plantings—and even the wall of your house.

Take the time to oil or grease tools before putting them away in their winter quarters. If your lawn mower or other power tools are developing problems, have the equipment repaired now. Next spring, you'll be glad you did. Even if tools don't need any major work, clean off surfaces and sharpen and oil where necessary.

To prevent winter accumulation of gum deposits in fuel lines and carburetor, remove all fuel from the tank. Start the engine to drain fuel lines after removing leftover gas from the tank.

Remove clippings packed against the underside of the mower housing—but first disconnect the lead wire from the spark plug to avoid accidental starting.

Dig in

Do some fall spading of your salad or vegetable garden, leaving the soil rough and lumpy and adding material from the compost pile. If fresh organic matter (such as animal manure) is available, dig in a layer of that. It will decompose through the winter and can be incorporated in the soil when the garden is prepared for spring planting.

While you're digging, fill a box or container with good garden soil and place it in the garage or basement. The soil will come in handy for making potting mix for houseplants during winter and for seed-sowing indoors very early next spring. You will also find a supply of peat moss, sand, and vermiculite useful.

Don't overlook storing outdoor furniture and items used outside all summer. Coil your garden hose carefully and hang it over a wheel rim or bucket. Shut off outdoor water faucets and drain where necessary to prevent freezing when winter comes.

Tree tips

Late fall is a good time to transplant several types of trees. Wait until they go dormant to minimize shock.

A common mistake is planting young trees too deep. This usually results in improper aeration of roots, slower growth, and other problems. The best way is to plant at the same depth and not over an inch deeper than the tree grew originally. Several types of trees, including dogwood and pin oak, show damage if planted too deeply.

Another common mistake is planting trees too close to houses, sidewalks, and drives. Trees need plenty of room for both crown and root growth as they mature. Moving trees with insufficient soil around the roots can cause some serious problems, also. The ball of earth should be as big as possible. ■

f you don't know whether





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How to make schools fit for children

Continued from page 34

and accept self-selected education. Having been taught in traditional ways, teachers and parents find it difficult to believe that children will select wisely what they are to learn and how they are to learn it.

● *Continuous Progress Education.* Many educational reformers believe that grades are no longer necessary. Assigning pupils to grades, mostly on the basis of age, contradicts what we know about human growth and development. Instead of being grouped into grades, pupils are brought together on the basis of readiness for certain learning activities; children being placed in different developmental groups for various skills to be learned.

Under continuous progress education, children advance to more difficult levels at individual rates. Each student moves forward after learning a particular skill. Time limits for learning are abandoned; each child is allowed whatever time is needed to learn the skills being taught. Passing and failing are deemphasized, and learning is reinforced by simply advancing the child into the next higher level group.

Continuous progress education has resulted in non-graded schools. The reform has been widely implemented in elementary and middle schools. A few districts have even developed non-graded high schools.

Continuous progress placement or non-gradedness treats children as individuals instead of groups. Learning activities are matched to the child's level of development, not to his age. And going to school becomes more relevant, more fascinating, more exciting than being in, let's say, an ordinary grade five, or four.

● *The open classroom.* The open education movement is more an attitude than anything else. It is a fundamental belief that learning is best conducted in a humane and supportive environment. In open education schools, teachers guide, motivate, and manage learning rather than teach. Learning is a partnership between teacher and student with educational activities being cooperatively planned. Control is relaxed and discipline is obtained by the learning activity itself.

Open education has been quite popular in Europe. Advocates of open education believe that children have a natural desire to learn and that they will learn best when given support, freedom, and affection. These concepts have been, for the most part, successfully incorporated in the British infant schools.

In the United States, open education has been implemented in many school districts. One of the most widespread efforts has been in the state of North Dakota. With the help of the New School of Behavioral Studies in Education, University of North Dakota, the reform is being introduced statewide. Excellent progress has been made in Fargo, North Dakota.

Open education reduces a youngster's fear of failure, of competition, and of punishment. Emphasis is on student interests, individual and cooperative learning, self-evaluation, and active learning.

● *Alternative schools.* This reform provides students and their parents with several options in educational content, style, and outcomes. It matches the desires of clients (youngsters and parents) to the school and provides freedom for students to attend the school of their choice.

The alternative schools movement also is called the optional schools plan. In Berkeley, California, 21 alternative schools have been developed in a comprehensive K-12 program. Examples of optional schools in Minneapolis, Minnesota, are: the open school, the contemporary school, the continuous progress school, and the free school. Children and parents can choose to attend any of the optional schools which they believe best suits their needs.

In matching schools to students' interests, expectations of what schools should do are the same for parents and school people. In such an atmosphere, children and teachers relate better to each other and learning is more satisfactory. And if children fail in one optional school, they can always decide to attend a different one. ■







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11 pet care tips to ignore

Most of us have had contact with pets at one time or another. This relationship leads some people to regard themselves as experts on animal lore. They're always eager to offer advice on pet care. This advice usually costs nothing; generally it's worth even less. Here are a few examples to watch out for.

An all-meat diet is the best diet for dogs and cats; they're carnivorous.

Dogs and cats need a *balanced* diet. This means proteins, carbohydrates, fats, vitamins, minerals, and trace elements all working together in proper balance with one another. Meat alone doesn't come close to being ideal. While dogs and cats are meat eaters, they ate more than meat in the wild state. After catching his dinner, the wild carnivore eats bone marrow, tendons, and the viscera containing the partly digested remains of his prey's last meal.

If you want to feed your pet the best food available, feed a commercial ration labeled "complete" or "fully nourishing." Whether that food be moist, canned food, semi-moist food in cellophane packets, or dry food makes no difference nutritionally. It's all your pet needs, plus adequate water, for a healthy, happy life. However, your pet may be quick to point out his preferences for one brand or type of food over another.

Spaying your pet will make her fat.

It won't. But not taking the change in her metabolism into consideration at feeding time will. Removing a dog's or cat's reproductive organs does lower her energy requirements. If you continue to feed her as much after surgery as you did before, she will put on extra pounds. By having your pet spayed, you have relieved yourself of the responsibility of finding homes for puppies or kittens. It isn't too much to ask that you accept the responsibility of watching her waistline.

One human year equals seven dog years.

Not really. While a dog's lifetime may be approximately one-seventh that of a person's, he matures and ages at an entirely different rate. Since a year-old dog is sexually mature, he may be equated with a human adolescent, age 15. By the time a dog is two years old, he is mature; roughly, he's the equivalent of a 24-year-old human being. From this point the aging process levels off at about a 1:4 ratio so at three years the dog might be likened to a 28-year-old person, at four years, a 32-year-old, and so on. Using this formula, you can assume that your 12-year-old dog has aged about as much as a 64-year-old human being.

Tomcats fight to win the favors of their ladies fair.

Cats fight for all kinds of reasons, but chivalry is not one of them. Most cat fights are territorial disputes. Since a female cat in heat will draw suitors from far and wide, some cats are bound to be trespassing on another cat's territory. The reason cats seem to fight so frequently in suburban neighborhoods is that there's an unnatural population concentration. Cats were never meant to live next door to one another.

On the other hand, very few cat fights are as serious as they sound. Most often one cat can assert his dominance and claim to territory by outshouting the other. If a battle does ensue, it's usually brief. A cat is smart enough to know when he's losing, and will turn tail before risking injury. The winner, having made his point, rarely pursues. His objective is to maintain territorial bounds, not maim or kill his adversary to prove his point.

If your cat has taken part in a neighborhood battle, examine him closely for wounds. The most innocuous punctures are potentially the most dangerous. Since they heal quickly at the skin level, bacteria often is trapped in the tissue beneath. The resulting abcess can be much more serious than the actual wound.

When a dog eats grass, it's a sure sign he has worms.

Most dogs eat grass simply because they like it—and some even seem to have their favorite varieties. The theory that a dog eats grass to cure worms or to soothe a distressed tummy stems from the observation that dogs often vomit after eating grass. If the dog had had a severe case of roundworms, some might show up in the vomit. But usually a long strand of grass is what triggers the gag reflex that causes the vomiting. Once that one strand is out of the way, the dog usually settles down to finishing his vegetable.

Most pets are too fat because they get too little exercise.

Wrong. Pets are too fat because they eat too much. And they eat too much because their owners feed them too much. Food is not a substitute for love. When your pet sits up and begs, give him a pat on the head or take him out for a romp in the yard. Don't give him a tasty tidbit with hopes he'll go away.

Obedience training will break a dog's spirit.

No—but an untrained dog will break yours. Your dog is just dying to find ways to please you. Once you get it across to him what actions make you happy and what actions don't, he'll do almost everything in his power to earn your respect.

Raw eggs added to your pet's diet will add luster to his coat.

Just the opposite. Raw egg white contains avidin, an enzyme that ties up an essential vitamin, biotin. If raw eggs are fed continually, a biotin deficiency occurs. Symptoms include dermatitis and loss of hair in adult dogs; poor growth in puppies. Cooking destroys avidin, so cooked eggs in the diet will not contribute to this vitamin deficiency. However, if your pet is being fed a "complete" ration, there's no reason to add eggs to his diet.

Bad breath is a sign of dirty teeth.

Not necessarily. Bad breath generally is a symptom of an internal disturbance, infection, or any number of problems located far away from your dog's mouth. Halitosis signals that it's time to visit the veterinarian. Whatever is causing the offensive odor is being carried in the bloodstream and released in the lungs. But have your dog's teeth checked anyway. They probably do need cleaning.

Keeping a cat well fed will keep it from killing birds.

Unfortunately, not the case. A cat is a hunter—probably nature's best. To ensure the cat's survival, nature made the motivation to hunt an end in itself. While acquiring a meal is the result of a successful hunt, it's not the conscious goal of the cat. However, keeping your cat well fed may deter him from eating what he catches. While this is of little comfort to the birds, it does protect your cat from picking up unwanted parasites.

Incidentally, the best-fed cats make the best mousers. Being in top physical condition, they're ready for the rigors of the hunt. Also, female cats are much more efficient hunters than males. They've always had to provide for families; males provided only for themselves.

A pet is a perfect way to teach a child responsibility.

Most pets would disagree if asked. When it's time for your child to start taking on responsibility, suggest he make his own bed or help take out the garbage. A pet is part of a family, not a family possession. A pet means love, companionship, and compassion. It shares those brief moments in childhood that will develop into your child's fondest memories. But a pet doesn't understand being given to another family—or worse—just because your child was overburdened by the responsibility of feeding it at five o'clock sharp.

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Before you plunge into a car pool

Organizing or joining a car pool, for all its advantages, means taking on some heavy legal as well as moral responsibilities.

In most states, a non-paying guest in your car has grounds for suit only if you are reckless, drunk, or willfully negligent. These states have "guest statutes" designed to limit liability.

A few states, however, don't have guest statutes so ordinary negligence, such as ignoring mechanical defects you know about, makes you liable.

If an injured passenger was paying—or somehow b the driver—negligence driver is grounds for whether your state ha laws or not. And neglige erally means only that th failed to act as a "rea and prudent man." Car rangements on a rotati may be enough to classif as paying passengers.

Driving for pay ha angles, too. Even if it's a share-the-cost arranger tween friends, you migh day have to prove yo make a profit to keep y hicle from being classifi public conveyance sub strict licensing and in requirements. Some citi strict ordinances limit hauling of passengers f If you take in cash f chauffering efforts, cons lawyer and insurance a

If you are driving as teer for an organizatio you're probably not lia injuries caused by neg For instance, a housew cently was driving seve scouts to camp when went out of control and the girls was killed. The wife testified she was because of moral obl The court agreed the were guests, and coul cover for negligence.

Yet even with volunta ing, you must make cer have adequate financia age to handle all the r your group. Juries ofte large damage awards the especially where injured are involved. If you dr or five people around in regularly, the $20,000 insurance carried by m ple may be inadequate.

Additional liability isn't too expensive. Usu surance companies char $15 more a year for $ 300,000 coverage rather minimum $10,000-20,00

Two generally availab ance coverages are par important to a pool "medical payments," an sured motorist" protecti

The medical payment takes care of hospital a medical fees for you a person who might be while a passenger in y And medical payments erally made without r who was at fault. Ano cellent feature of the payments clause is p for your family when t in someone else's car or by a car while walking.

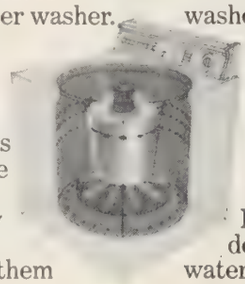
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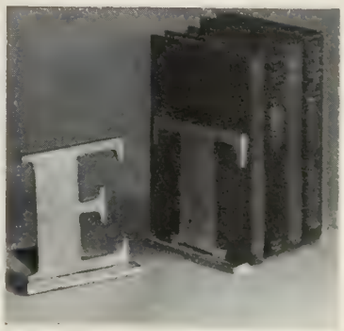
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By Nina Doreson

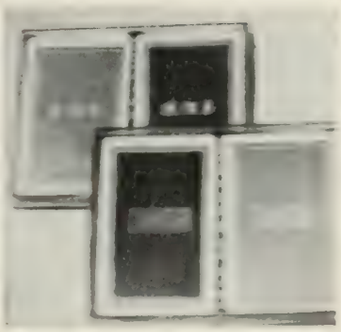
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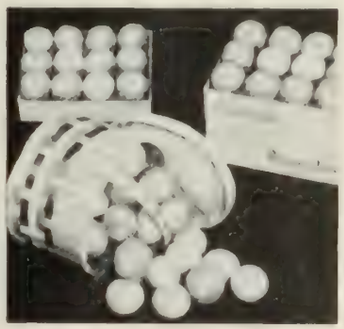
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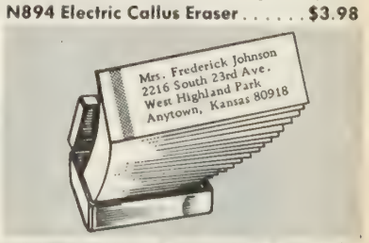
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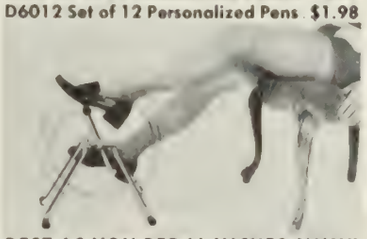
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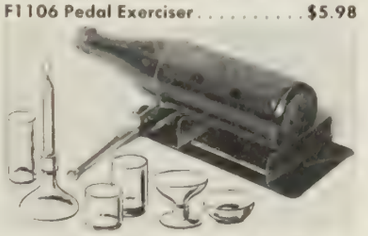
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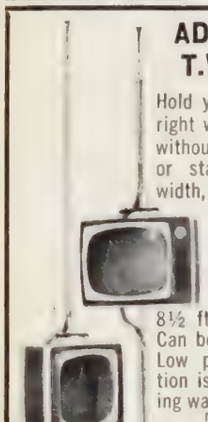
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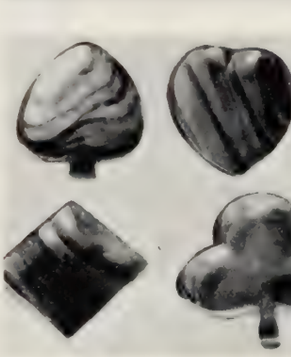
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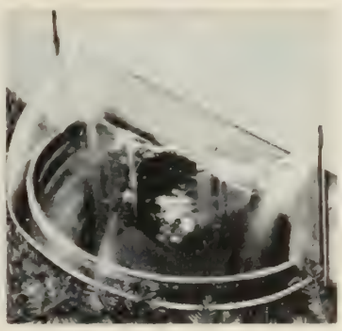
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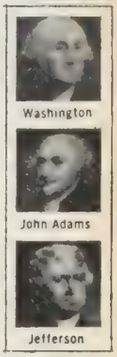
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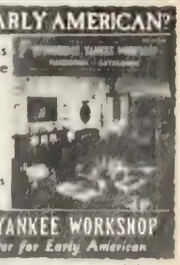
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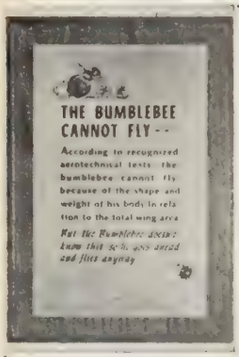
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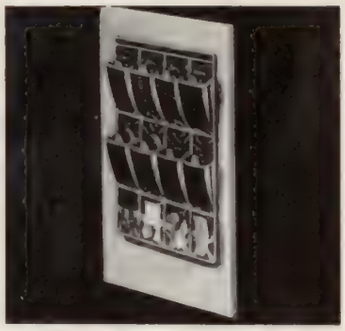
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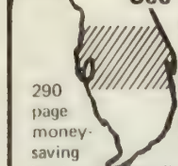
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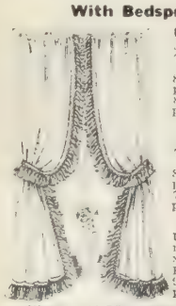
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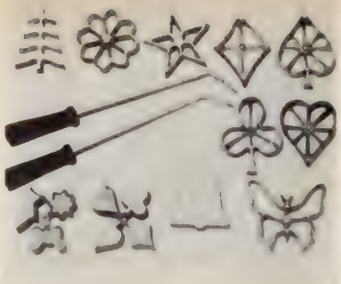
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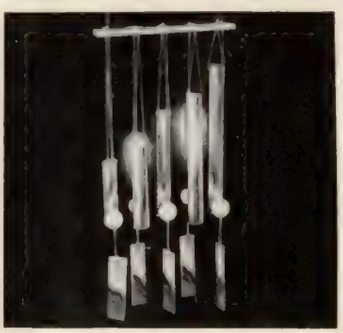
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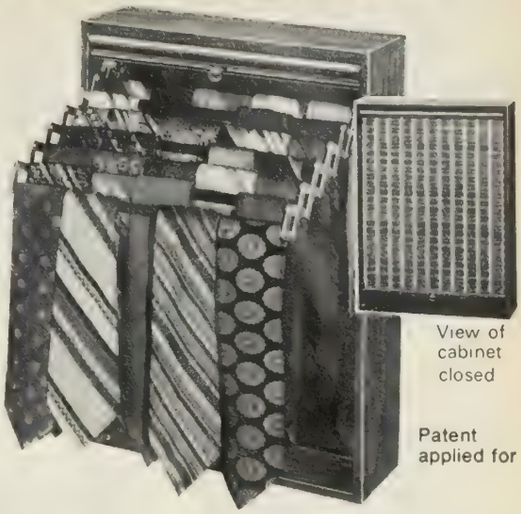
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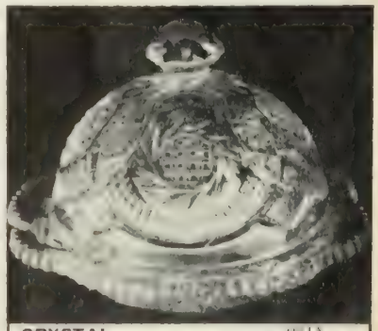


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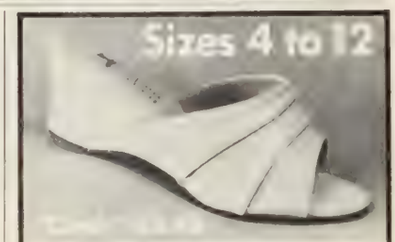
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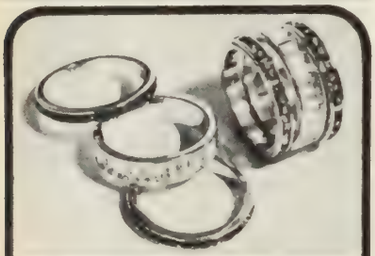
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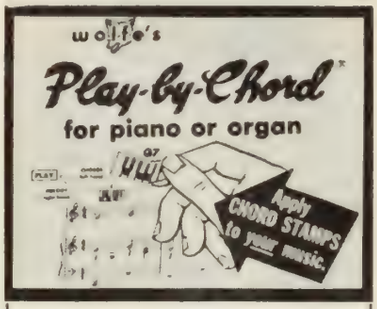


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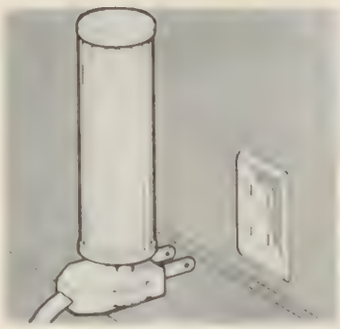
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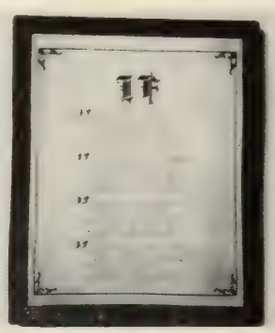
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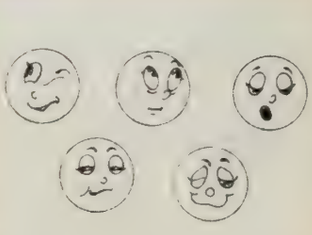
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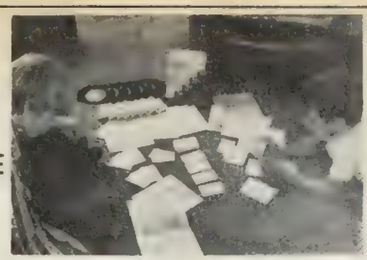
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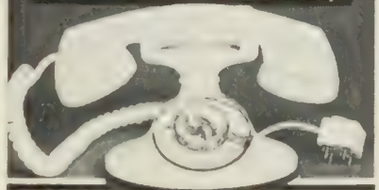
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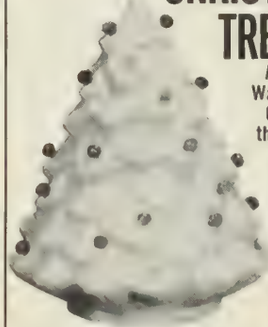
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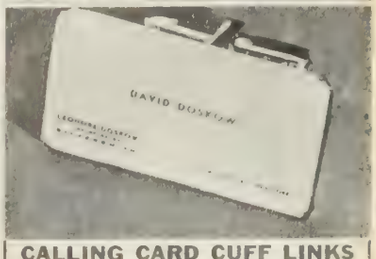


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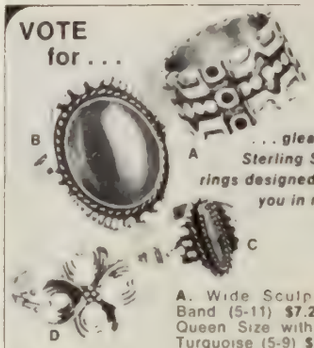
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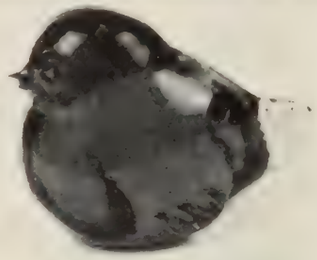


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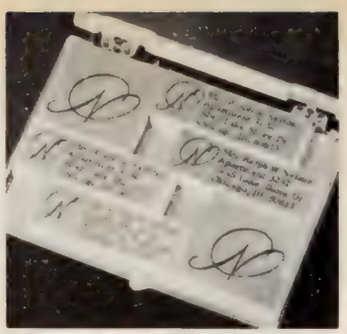


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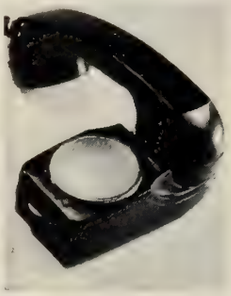
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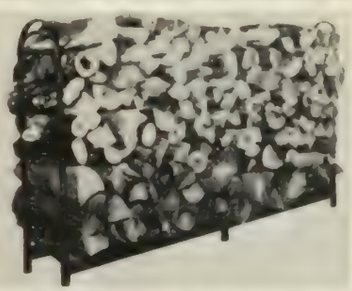
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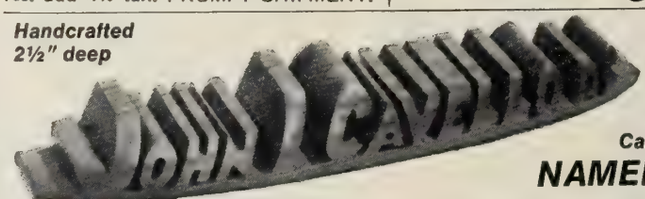
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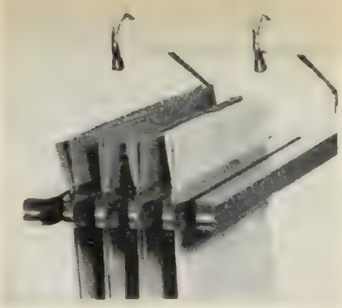
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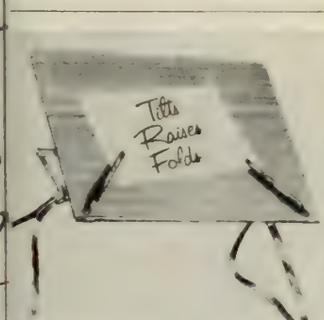
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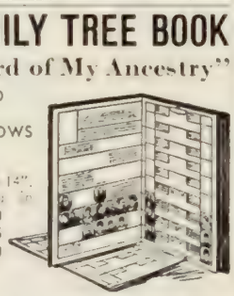
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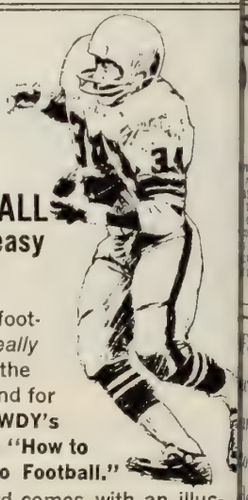
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The man next door

Our bank president thinks his new computers are great. "We make as many errors as ever," he says, "but now our computer is programmed to take the blame."

"The fall election should be an easy one for people with heart conditions," says Dr. Bob Hannelly. "There aren't many candidates to get too excited about."

Burt, Jr., says the biggest problem with following his "How to Play Football" manual is that the real playing field doesn't have any dotted lines.

Daughter Judy reports the status of her various pets has been enhanced considerably now that the supermarket has put the pet foods near the gourmet section.

Though usually not one to criticize our city fathers, Bill Norman now gives directions to his home by identifying it as "the yellow house, three chuckholes beyond the city's new parking lot."

The trouble with political polls is that by the time I understand their real significance, new polls are published with entirely different results.

Christine suspects something underhanded at the supermarket. She notes that food prices started to go down about the same time our family went on a diet.

Dr. Bob Hannelly admits he advises some of his patients to follow their horoscopes. "At least," he says, "it gives them something to blame for their troubles other than themselves."

Talk of the "new morality" doesn't shake the Rev. George Hall. "There is still plenty of the old variety that hasn't been used up yet," he declares.

Grandma Hillis has trouble believing the politicians this year. She notes the one who keeps demanding "a return to old-time values" has a flock of pretty campaign girls wearing plastic straw hats.

Should one of our children ever be elected president, Christine fears that a new chapter in culinary history will be written. She predicts the White House menu will then feature exotic gastronomical delights such as hamburgers and french fries.

Our local football season was in jeopardy for a time when the Bitsy Bruisers of the Youth League threatened to strike for pensions at age 14.

The owner of the new take-out food place at the shopping center says his business may show a profit this year, but life still has its problems. Now he lies awake at night worrying about which government form he failed to file that day.





". . . of course, it will feel better when all the pins are out."

Dodd Buckner admits he can't understand the terms applied to today's car tires. When he was a teen-ager, his only concern was that they were round.

Bill Norman says it's time to call a halt to making any more World War II movies. The latest one he saw used up more ammunition than the real war did.

Apparently our young daughter Judy isn't quite certain of all that's involved in "family planning." She can't understand why she wasn't planned for a family that spends its winters skiing in the mountains.

Burt, Jr., provides proof that I do, indeed, live in a different generation. He says a six-foot basketball guard now goes by the nickname of "Tiny."

Perhaps spurred by the growing popularity of bicycling, our son recently joined the ranks of the two-bike crowd.

One bike is a shiny ten-speed model, which looks as classy as its price tag. Our son diligently saved earnings from his paper route in order to buy the best.

His other "bicycle" is something else. When the bike shop downtown revamped its quarters last month, part of the surplus was a sizable heap of assorted parts which had been stripped from junked bikes.

Burt bought the lot for a couple of dollars, then spent hours matching and cleaning various parts. He managed somehow to find enough parts to make a model with the low, sleek style of a dragster. With sanding and a careful paint job, it does indeed have a sporty look.

Lately, Burt has shown a decided preference for his makeshift model. Christine thinks that ignoring the expensive ten-speed bike is questionable economy. But our son sees higher values.

"All the guys ride a ten-speed," he explains, "but wheeling around on a Hillis Hybrid *makes you somebody special!"*

Burton Hillis

CIRCULATION 7,777,777
December 1972 • 50¢

Better Homes and Gardens



Our 50th Anniversary Christmas Issue

- 50 gifts to make
- 50 decorations to make
- 50 gifts to buy
- 50 all-time favorite recipes
- 50 hints and helps to make holidays less hectic

Magnavox introduces a stereo console that is so beautiful when it's closed you hate to open it to change the records, the tape, or the station.



It's hard to believe this magnificent example of the cabinetmakers' art holds all that marvelous Magnavox electronic equipment. But it does. There's a stereo FM/AM radio-phonograph, an 8-track cartridge player and a 4-channel decoder tucked inside. And behind the side panels are two great speakers (each with a 10" bass woofer and a 3½" tweeter) so you don't have to open the doors to hear the sound. It's a classic Venetian commode we call "The Miniature Console," with that classic Magnavox touch. Which is to say, it sounds as good as it looks. **Magnavox**

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Find out why aspirin's the best pain reliever and Bayer is the best aspirin.

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See it at your KitchenAid dealer. He's listed under "Dishwashers" in the Yellow Pages. Or write KitchenAid Division, Dept. 2RC-12, The Hobart Manufacturing Company, Troy, Ohio 45373.



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Dishwashers and Disposers

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — DECEMBER, 1972; VOL. 50, NO. 12

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Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Marca Registrada en Mexico. Trademark registered in Canada and Australia. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions. **Subscription Inquiries and Changes of Address:** Write to Subscription Information Dept., **Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336** and be sure to enclose an address label from a recent copy. Please give us five weeks notice prior to your change of address. **Subscription Prices:** One year $4, two years $7, three years $11 to the United States and its possessions. Canada, add $1 per year. Pan-American countries, add $2 per year. Other countries, add $3 per year.

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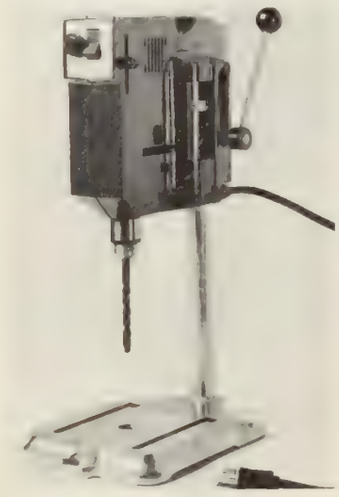
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50 great gifts to buy

DOUGLAS M. LIDSTER Leisure Products Editor

A Christmas gift is more than something wrapped in festive trappings. It represents the thought that goes into choosing something special for someone who's special to you. The items shown on the following pages range from practical to just-for-fun—and they all qualify as special. Each is ingenious, many are so new you couldn't buy them last Christmas, and most are available in the retail stores where you'll be shopping.



Precision 3/8-inch drill press is scaled to fit home workshops. Just set the dial for operating at speeds from 700 to 2,000 RPMs.

Wards PowrKraft 3/8-inch Drill Press, $49.95.



Brighten the house holiday time, anytime, with handcrafted candles. This complete kit enables even a novice to turn out quality candles—either heavy, molded types or delicately tapered, hand-dipped candles.

Skil Craft Dip 'N Mold Candle Maker Kit, $14. Skil Craft Corp., 325 West Huron St., Chicago, Ill. 60610.



Christmas just isn't complete without an electric train chugging around the tree. The engine on this train actually makes a chugging sound which is synchronized to the pace of the engine and the puffing smoke.

Lionel Silver Star Train Set, complete with cars, track, and transformer, $40.



Check this outboard motor for size. Though it weighs just 8½ pounds, this tiny one-horsepower motor provides all the thrust needed for a small rowboat, dinghy, rubber raft, or canoe.

The compact two-cycle engine will operate over three hours on a quart of fuel.

Aqua Bug, $120. Seaborn Systems, Inc., 4413 Austin Blvd., Island Park, L.I., N.Y.



A new line of old-time cookware combines the proven performance of heaviest gauge aluminum with contemporary styling and convenience.

Thick sides and bottoms distribute heat evenly. The porcelain-enamel-coated cookware comes in Black, Avocado, Gold.

Wear-Ever Registered Cookware, eight-piece set, $39.95. Wear-Ever Aluminum, Inc., Chillicothe, Ohio 45601.



Scaled for small fry, these durable pedestal tables are thermoformed from brightly colored ABS plastic. The hardboard tops have an easy-to-clean surface.

When the children aren't using the set, the table becomes a convenient lamp table, the seats interesting accent pieces.

Pedestal Furniture Set, $15. Samsonite Corp., 11200 E. 45th Ave., Denver, Colo. 80217.



Capture the Christmas spirit on film without the use of movie lights. It's simple using this new movie camera with fast f/1.2 lens and new Kodak Ektachrome 160 movie film.

The camera has automatic exposure control and features foolproof drop-in loading.

Kodak XL 33 Movie Camera, $120. Eastman Kodak Co.



A bike on skis can offer a whole new realm of fun to your outdoor activities this winter.

The rigid rear ski gives balance and stability while the front ski steers for sharp turns or quick stops. It weighs just 13½ pounds, so carrying it to the top of a hill is easy.

Sno-Bob, $39.95. Wooster Ltd., Recreation Div. of Rubbermaid, Inc.

Continued

How to introduce a little person o a big dentist.



Your child's first dental checkup should efore she's 3 years old. Because by that e all 20 of her baby teeth will probably e come in. And that's the time for the tist to make sure they're growing properly.

Of course, like anything new at that young age, if it's confusing and strange, scary. If it's been explained and made resting, it's not scary. And remember, the impression leaves a lasting one.

Tell her what to expect.

A little person's big enough to know ything. A child doesn't have to understand igs, she just has to know about them.

Tell her how very big the chair is. And the dentist uses a wonderful hose for ying water and a suction hose that makes gurgling noises while it keeps her mouth dry.

There's a little bib, a tray with tiny mirrors and metal sticks for looking around in mouths.

And a big, round light to help the dentist see in. (Let the dentist explain the drill, *if* he has to use it.)

Tell her how things will taste and smell. And what the dentist will say and do. (Ask the dentist beforehand if he does anything special or different.)

And, when you get there, leave the two of them alone. It's time for them to get to know each other.

The fewer the cavities, the better the experience.

There's no way you can assure yourself of fewer cavities, but you can try.

First, by watching between-meal treats. And by making sure she's brushed regularly with Crest. (Before *she* can do it, *you* should do it for her, from the very first baby tooth.)

Crest with fluoride has, again and again, proven itself effective in fighting cavities.

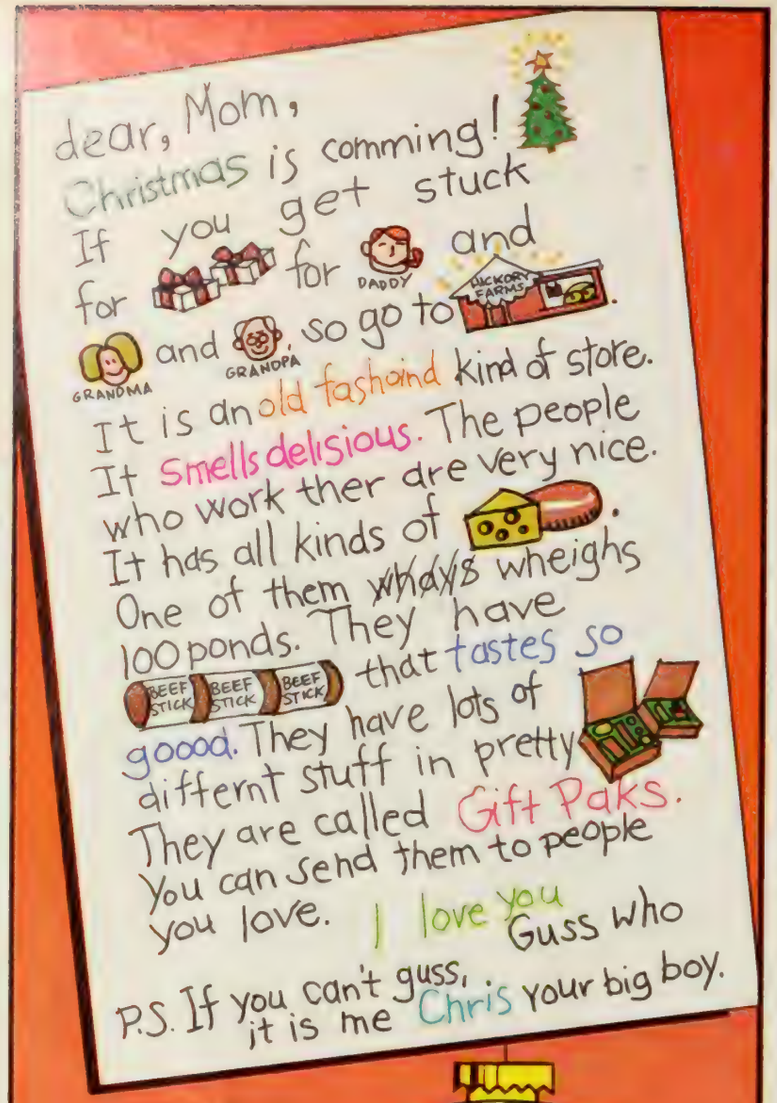
It's accepted by the American Dental Association. And both the regular and the mint flavors taste great.

A little person who has all this behind her has a good first experience ahead of her.

Crest

Fighting cavities is the whole idea behind Crest.

Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association. ©1972 The Procter & Gamble Company.



Mom can choose from a great selection of Gift Paks from $2.98 to $24.95.

See them on display at your nearby Hickory Farms of Ohio Store:



ALA Birmingham (3), Huntsville. **ARIZ** Phoenix. **CALIF** Bakersfield, Canoga Park, Carlsbad, Chico, Concord, Costa Mesa, Daly City, Dana Point, Downey, Escondido, Fresno, Glendale, Hayward, LaHabra, Long Beach, Los Angeles (2), Marina Del Rey, Mill Valley, Montclair, Mountain View, Newport Beach, Northridge, Oakland, Orange (2), Palm Springs, Playa Del Rey, Redondo Beach, Riverside, Sacramento, San Anselmo, San Bernardino, San Bruno, San Diego, San Francisco, San Jose (3), San Mateo, San Pedro (2), Santa Rosa, Stockton, Torrance, Ventura, West Covina, Whittier. **COLO** Colorado Springs, Denver. **CONN** Enfield, Hamden, Meriden, New Haven, New London, Waterbury, West Hartford. **DEL** Wilmington. **FLA** Ft. Lauderdale, Jacksonville, Pensacola, St. Petersburg, Miami (3), Tallahassee, West Palm Beach. **GA** Atlanta, Columbus, Decatur, Savannah. **HAWAII** Honolulu. **IDAHO** Boise. **ILL** Bloomington, Chicago, Harvey, Lombard, Mt. Prospect, Peoria, Schaumburg, Skokie, Waukegan (2). **IND** Elkhart, Fort Wayne, Indianapolis (3), Muncie, South Bend (2). **KAN** Prairie Village, Wichita (2). **MD** Annapolis, Baltimore (2), Gaithersburg, Landover Hills, LaVale, Rockville. **MASS** Braintree, Danvers, Dedham, Framingham, Pittsfield, Springfield, Worcester. **MICH** Grand Rapids (2), Jackson, Kalamazoo. **MINN** Edina. **MO** Kansas City (3), St. Louis (2). **MONT** Great Falls. **NEV** Las Vegas. **NJ** Pompton Plains, Westfield. **NM** Albuquerque. **NY** Albany, Bay Shore, Buffalo (3), Garden City, Massapequa Park, Middletown, New Hartford, Niagara Falls, Rochester (5), Schenectady, Syracuse (2). **NC** Asheville, Burlington, Chapel Hill, Charlotte, Fayetteville, Greensboro, Raleigh (2), Rocky Mount, Wilmington, Winston-Salem. **ND** Fargo. **OHIO** Cincinnati (3), Columbus (2), Dayton (3), Lima, Mentor, Niles, Springfield, Toledo (3), Youngstown. **OKLA** Oklahoma City (2), Tulsa. **ORE** Eugene, Portland (3), Salem. **PA** Harrisburg, Lancaster, Monaca, Plymouth Meeting, Scranton, Sharon, State College, Wilkes-Barre, Wyomissing, York. **SC** Charleston, Columbia (2), Florence, Greenville. **TENN** Chattanooga, Goodlettsville, Knoxville, Memphis (2). **TEX** Arlington, Austin, Corpus Christi, Dallas, Houston. **UTAH** Salt Lake City (2). **VA** Alexandria, Arlington, Norfolk, Richmond, Roanoke. **WASH** Bellevue, Bellingham, Federal Way, Kennewick, Olympia, Seattle (2), Spokane, Tacoma, Wenatchee, Yakima. **WVA** Fairmont, Parkersburg. **WIS** Greendale, Milwaukee. **CANADA** (5).

50 great gifts to buy

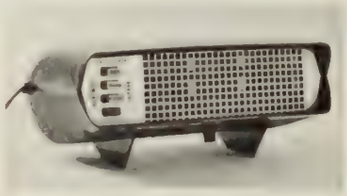
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Stay dry in wet weather (from the inside as well as outside) in this foul-weather suit.

Made of synthetic material called Bukflex, the suit is absolutely waterproof, yet allows perspiration to evaporate.

Bukflex 300 Series Garments, jacket, $35; trousers, $30. Peter Storm, Ltd., Smith St., Norwalk, Conn. 06851.



Chilly spots warm up at the touch of a button from this portable tabletop space heater.

Push buttons control three settings: two for heat, one for air circulation. The thermostat control maintains desired setting.

Flowtron Mark IV Heater, $29.95. Flowtron, Inc., 24 Munroe St., Newtonville, Mass.



Bake anything from a simple casserole to pheasant and wild rice, then serve the meal in the same appliance.

The thermostat maintains preset temperature from 150 to 400 degrees. That means you can prepare a meal hours ahead of time, and then keep it appetizingly warm until your family is ready to eat.

Mirro Bake and Serve, $25.



Ice buckets can be smart, well as functional. This strea lined ice keeper proves the poi It consists of an ABS plas cube base with a deep, fitt container to hold ice. The s through top is smoke-tint transparent plastic.

Qube Ice Bucket, $20. Ha son Scale Company, Nort brook, Ill. 60062.



Flexible toboggan rolls up fit in your car's trunk, unro when you're ready to take to t snowy hills. Made of polyet ylene, the toboggan is virtua unbreakable down to minus degrees.

The Sliding Machine, $31.9 International Engineering C 1442 E. Outer Dr., Detro Mich. 48234.



That classic gift, a shaver, ca offer more shaving comfort an convenience this year.

The extra-narrow slots in th shaving head let the whiskers i but keep the skin out for le irritation. The shaver can used with or without a cord, an the recharger works on eith 110 or 220 volts.

Remington Mark IV Shav with carrying case, extra blade and charger, $40.

Continue

The brand-new '73 Olds Vista-Cruiser. If you don't see the 9th window right away...



look in the roof.



It's the new Vista Vent window. Even when it's closed tight against the elements, it lets in light like a sunroof (and the glass is tinted to reduce glare). Open it up and Uncle Henry's cigar smoke vanishes in a hurry. Whoosh!

And, for '73, the Vista-Cruiser has been redesigned. From a new hydraulic front bumper system and a Swing-away grille . . . all the way back to a new easy-lift tailgate that swings up and out of your way. And it can be released right from the driver's seat. It moves, you don't.

Inside, just flip down Vista-Cruiser's rear seat for more than 85 cubic feet of usable load space. That's not bad for a mid-sized wagon with a 116″ wheelbase.

It's available as a two- or three-seat model. Either way, you get deep-pile carpeting, all-vinyl or cloth interior, exterior paneling, and deep-foam seats. All standard. All nice.

In addition, the Vista-Cruiser is powered by a Rocket 350 V8, stops on power brakes with discs up front. And rides on a new suspension system patterned after the famous G-Ride in our larger Oldsmobiles. So it handles the long haul. And a good load—in style.

The '73 Olds Vista-Cruiser. Let the sun shine in.

Oldsmobile. Always a step ahead.

We have been selling
good toys and talking
about play for many years

Because many people have
difficulty understanding
good toys and play, we offer
this 96 page 'Guide to Good Toys'
In it you will find what
we think about play and toys
and our catalog

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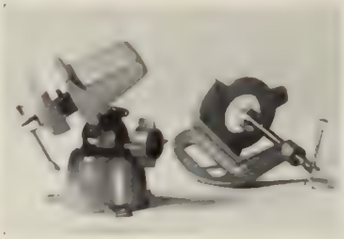
50 great gifts to buy

Continued



Give a listen to this good-looking molded plastic chair. It features built-in stereo speakers that connect to any stereo, radio, or TV set. Individual volume controls are at your fingertips. Without moving from the room, you can isolate yourself in your own private world of musical listening pleasure.

Audio/Egg Chair, from $329. Rotocast Plastic Products, Inc., 6700 N.W. 36th Ave., Miami, Fla. 33147.



One little vise is what every hobbyist needs. This model is unusually versatile. It tilts, swivels, and locks in any position. Used with the bench clamp accessory, the kitchen table becomes a work area.

Panavise, $17.95; bench clamp $6.95 (many other accessories available). Colbert Industries, 10107 Adella Ave., South Gate, Calif. 90280.



This complete camp cook set has all the pots and pans needed to prepare an outdoor gourmet's meal for a family of four.

What's more, the aluminum frying pan has a Teflon II coating. Plastic plates and cups won't dent, will hold heat. All 15 pieces nest neatly in the large pot. *Mirro Deluxe Camp Cookware*, $24.



This clock is a specialist. It won't turn on the coffee, present the morning news, or play stereo tapes, but it will do well its basic job. It tells time and wakes you in the morning.

Nice Cube, nine graphic designs, $6.98. Sunbeam Appliance Co., 5400 W. Roosevelt Road, Chicago, Ill. 60650.



The timers are changing . . . This one does the same job all timers do: it rings when time (up to one hour) has elapsed. What's unique about this particular timer are its crisply contemporary styling, bright colors, and simple shape.

Minitimer in blue, white, red, or bright yellow, $8. Terraillon Corporation, 15 Columbus Circle, New York, N.Y. 10023.



The active outdoorsman or armchair sportsman will enjoy making his own ¾-scale model duck decoy to decorate his den.

It's almost as simple as painting by numbers. Each kit comes complete with decoy body, paint, sandpaper, knife, and four-color copy of the real duck painted by famed wildlife artist, Maynard Reece.

Decoy Kit, $11.40 each. The Maynard Reece Naturecraft Collection, 1425 Grand Avenue, Des Moines, Iowa 50337.

Continued

Walk on a cloud of color. Sears Cloud Supreme Bath Rugs.

Do something out of this world for your bath. Put a fluffy cream puff of color right in the middle of it. Sears own Cloud Supreme Bath Rugs.

In 13 heavenly colors. Like deep strawberry pink. Or brilliant fiesta red. Deep, dazzling colors that won't fade away in the wash. They're thick, long-wearing 100% DuPont® nylon that resists pilling and fuzzing. With Cushion-Grip foam backing. Machine wash and dry.

Choose from ovals, oblongs, rounds and contours — with or without fringe. And Sears Bath Shop has color-coordinated shower curtains, bath carpets, lids and tank covers. At most Sears, Roebuck and Co. stores and by catalog.



General Electric explains microwave speed.

Q. How much faster is microwave cooking than conventional oven cooking? *Cookbook writer, Myra Waldo.*

A. Microwave cooking is up to 8 times faster. Conventional cooking relies on the slow transfer of heat from the food surface to the inside layers. Microwave energy penetrates the food, causing the food molecules to vibrate, resulting in friction and creating heat.

General Electric markets two complete microwave cooking centers, (Model J896 and Model J856) plus a countertop portable microwave oven (Model JET80). And GE's Customer Care Service Everywhere goes with every microwave oven we sell.



If you'd like to know more about microwave cooking, write: General Electric, Dept. M.O., Appliance Park Bldg. #4, Louisville, Kentucky 40225.



Microwave cooking... another reason why GE is America's #1 major appliance value.

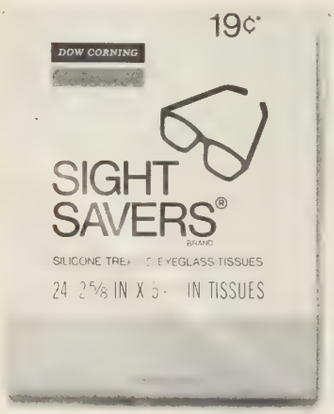
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FOR THE WHOLE FAMILY.



Pokerette and Po-Ke-No. Two fascinating games that make great Christmas gifts.

QUALITY PRODUCTS OF THE UNITED STATES PLAYING CARD COMPANY
Subsidiary of Diamond International Corp.

50 great gifts to buy

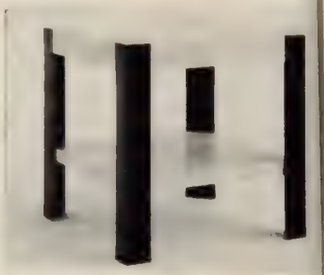
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This nutty-looking gadget may be the world's best nutcracker—and the most exciting to use.

Simply insert nut into the smashing chamber, slide the shell scatter shield into place, pull back the rubber band powered battering ram and . . . WHAM! . . . a perfectly shelled nut almost every time.

Inertia Nutcracker, $7.98. Inertia Nutcracker Co., 4214 Hamilton Road, Columbus, Ga.



This little Parsons table stylish but it will never ask to b treated like furniture. It's mad of durable plastic, so it's equall at home indoors or out—whe ever an active family happens t need a sturdy table.

Castlewood Shelf Tabl $7.95. Transco Plastics Corp 26100 Richmond Road, Cleve land, Ohio 44146.



Some like it hot, some like it cold. Satisfy everyone on your next picnic with this double-cavity insulated cooler.

Each compartment in the picnic jug holds over three quarts. All surfaces are bright plastic.

Twin Picnic Jug, $8. Amoco Chemicals Corp., 214 Third Ave., Waltham, Mass. 02154.



The oriental wok, an ancien cooking vessel common in the Far East, is now available in an electric version. The wok cooks food quickly to seal in natura juices and flavor.

To retain the Far East atmosphere, the appliance comes complete with chopsticks, wood spatula, and oriental recipe booklet.

Cornwall Wok, $29.95. Cornwall Corporation, 48 Wareham St., Boston, Mass. 02118.



Old-fashioned wooden toys made of pine and finished with linseed oil have the durability and character to become true family heirlooms. Entirely handmade, the toys have no metal or plastic parts, no nails or screws. They'll last through years of outdoor play and still be prized possessions to pass on to your children's children.

Montgomery Schoolhouse Toys from $2.50. Montgomery Schoolhouse, Inc., Montgomery, Vt. 05470.



The serious home handyman will appreciate having a pair of these sturdy sawhorses. Made from heavy steel, the sawhorse folds compactly for carrying or storage, yet locks open for firm support.

Porta-Horse Sawhorses $32.50 per pair. Porta-Horse Corp., Box 2028, Riverview, Mich. 48192.

Continued

Sony Corp. of America, Visitor Showroom, 711 Fifth Ave., New York, N.Y. TV in Low-Light Mode



"I've been playing this Trinitron 18 hours a day, 7 days a week, for almost 3 years."

Jim Rogers, Transmitter Supervisor, TV Channel 40, Sacramento, Calif.

It's not that I'm some kind of TV nut. It's my job.

As transmitter supervisor for our TV station, I've got to see that the picture we put out over the air is sharp and clear. So, when Sony first came out with their Trinitron® color TV back in the fall of '69, we bought one to use as a monitor in our control room.

The Sony Trinitron had the brightest, sharpest, cleanest picture we could find. We figured if anything was wrong with the picture, it had to be our transmission.

We kept the Sony running the entire time we were on the air—18 hours a day, 7 days a week. Often we didn't bother to turn it off at all, so it was running around the clock.

It got to be kind of a game with the crew. Will it ever break down? It never did.

A few months ago, we had to replace all our monitoring equipment because of new Government regulations.

But I couldn't bear to part from the Sony. I took it home.

I replaced two transistors—the only repair the set has ever needed. And it wouldn't have needed *that* if it had been playing in someone's home. Where it sat, boxed in among power equipment, was like playing in an oven.

By now it has about 18,000 hours on it. For an ordinary person—watching, say, 4 hours a day—that would come out to 12 years!

I've never seen a set stand up like that, and you can quote me.

SONY Ask anyone.

The Trinitron now comes in 9", 12", 15" and 17" diagonal screen sizes.



50 great gifts to buy

Continued

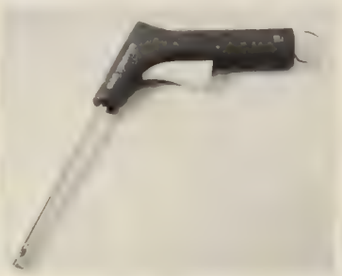


Make yogurt at home and save over 70 percent of the cost of commercial yogurt.

Simply add yogurt culture to a quart of pre-boiled milk, fill each of the individual serving dishes, and the yogurt maker does the rest.

You can mix in your own flavoring by adding fruit or spice, or enjoy yogurt's natural flavor.

Salton Yogurt Maker, $11.95. Salton, Inc., 1260 Zerega Ave., Bronx, N.Y. 10462.



Light your camp stove or lantern instantly without matches using this hand gas igniter. Called a piezoelectric igniter, the device is like an electronic match that works without fluid, flint, or battery. When squeezed, the igniter generates an electric spark that instantly lights stoves, lanterns, and heaters.

Matsushita EFI-P2 Piezoelectric Hand Gas Igniter, $5.95.



The comfort-loving camper will appreciate this portable cooking unit that operates from a disposable propane cartridge. The unit broils, bakes, steams, toasts, smokes, and fries, and then becomes its own hot water dishwashing pan.

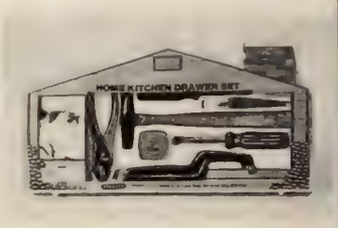
The entire unit is made of steel and aluminum and buttons up into a tidy 12-pound package for storage.

Kangaroo Kitchen, $34.98. J. C. Penney Company retail and catalog stores.



A complete shop vacuum helps you keep a clean house. Powered by a one-horse power motor, the eight-gallon tank vacuum cleaner sucks up water and suds as well as dirt and debris. When tank is full, an automatic float switch shuts off water intake.

Aqua Vac, $49.95, Shop-Vac Corporation, 1 Industrial Road, Woodridge, N.J. 07075.



Housewives who are handy out of necessity will appreciate having the right tool when something at home goes wrong.

This compact tool kit is equipped with those tools wives most often borrow from their husbands for most minor home fix-it problems.

Stanley Home Kitchen Drawer Tool Kit, $9.75.

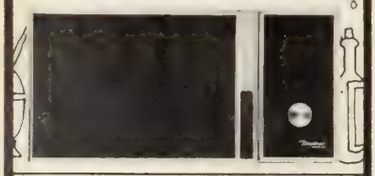


Wrinkles disappear at the press of a button when you use this compact hand steamer. It also makes a perfect iron for the businessman, student, or traveler who is living out of a suitcase. And at home it's ideal for sprucing up wall-hung fabrics and draperies.

Sunbeam Today Iron, $18.

Continued

wrap it up for Christmas



the gift of extra time

Thermador's

Portable Microwave Range

- The only portable with a browning element.
- Delicious meals or snacks in a fraction of the regular time.
- Use on counter top or cart indoors or out. 120 Volts.
- Stainless steel interior. Black glass doors.

Write for literature and name of your nearest dealer.

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The complete guide for browsing and buying from Colonial Williamsburg

"Williamsburg Reproductions" is much, much more than a catalogue for the Craft House at Williamsburg. It is a decorating guide, an art book, a reference manual. It's beautiful for browsing and essential for serious decorators. Everything from paint chips to wallpaper, furniture to decorative accessories. Over 200 pages, full-color illustrations throughout.

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Less than $23 wraps it all up.



Give someone this Kodak gift outfit and you give them everything they need to take pictures the minute they open the box.

A Kodak Instamatic X-15 camera, the kind you just drop the film in and shoot. Plus dependable Kodak color film for color prints. And a magicube for flash. (Self-powered, so there's no battery to worry about Christmas morning. Or any time.) And all for less than $23, at your photo dealer's. Price subject to change without notice

Kodak Instamatic® X-15 color outfit.

Kodak has a gift for keeping Christmas.

From Calcutta...

Report on Elizabeth Dass...



REC'D CHRISTIAN CHILDREN'S FUND, INC. Richmond, Va.

CHRISTIAN CHILDREN'S FUND, INC.

CALCUTTA, INDIA - CASEWORKER REPORT

TO NAZARETH HOME, CALCUTTA — DATE: MARCH 17, 1969

NAME: ELIZABETH DASS

DATE OF BIRTH: APRIL 12, 1964 — ORDER OF BIRTH: THIRD DAUGHTER

NATIVE PLACE: CALCUTTA

HEALTH: FRAIL, THIN, WALKS WITH DIFFICULTY, PROTEIN DEPRIVED

CHARACTERISTICS: GENTLE, QUIET, COOPERATIVE. SPEAKS CLEARLY AND IS OF GOOD MIND. WILL BE ABLE TO LEARN ONCE HEALTH AND STRENGTH ARE RESTORED.

PARENTS CONDITION: FATHER: DECEASED.

MOTHER: MALNOURISHED, RECENT VICTIM OF SMALLPOX. WORKS IN A MATCH FACTORY.

INVESTIGATION REPORT:

ELIZABETH'S FATHER USED TO BE A STREET CLEARNER. DIED FROM TYPHUS. HER MOTHER IS VERY WEAK FROM HER RECENT ILLNESS-INDEEDIT IS REMARKABLE SHE IS ALIVE AT ALL. ONLY WORK AVAILABLE TO THIS WOMAN IS IN A MATCH FACTORY WHERE SHE EARNS TWO RUPEES A DAY (26¢) WHEN SHE IS STRONG ENOUGH TO GET THERE AND WORK.

HOME CONDITIONS: HOUSE: ONE ROOM BUSTEE (HOVEL) OCCUPIED BY SEVERAL OTHER PERSONS BESIDES ELIZABETH AND HER MOTHER. HOUSE IS SO SMALL COOKING IS DONE ON THE FOOTPATH. BATHING IS DONE AT A PUBLIC TAP DOWN THE ROAD. PERSONS LIVING WITH THEM IN THIS HOUSE ARE NOT OF GOOD REPUTE, AND THE MOTHER FEARS FOR ELIZABETH.

SISTERS: MARIA DASS, DECEASED OF SMALLPOX
LORRAINE DASS, ALSO DECEASED OF SMALLPOX
(ELIZABETH FORTUNATELY ENTIRELY ESCAPED CONTAGION)

REMARKS: ELIZABETH WILL CERTAINLY BECOME ILL, PERHAPS WILL TAKE UP THIEVING, MAYBE EVEN MORE TERRIBLE WAYS OF LIVING, IF SHE IS NOT REMOVED FROM PRESENT HOME CONDITIONS. HER MOTHER IS WILLING FOR HER TO GO TO NAZARETH HOME AND WEEPS WITH JOY AT THE HOPE OF HER LITTLE DAUGHTER BECOMING SAFE FROM THE WRETCHED LIFE THEY NOW HAVE.

STRONGEST RECOMMENDATION THAT ELIZABETH DASS BE ADMITTED AT ONCE.

Elizabeth Dass was admitted to the Nazareth Home a few days after we received this report and she is doing better now. Her legs are stronger...she can walk and sometimes even run with the other children. She is beginning to read and can already write her name.

Every day desperate reports like the one above reach our overseas field offices. Then we must make the heartbreaking decision—which child can we help? Could you turn away a child like Elizabeth and still sleep at night?

For only $12 a month you can sponsor a needy little boy or girl from the country of your choice, or you can let us select a child for you from our emergency list.

Then in about two weeks, you will receive a photograph of your child, along with a personal history, and information about the project where your child receives help. Your child will write to you, and you will receive the original plus an English translation—direct from an overseas office.

Please, won't you help? Today?

Sponsors urgently needed this month for children in: India, Brazil, Taiwan (Formosa), Mexico and Philippines.

Write today: Verent J. Mills

CHRISTIAN CHILDREN'S FUND, Inc.

Box 26511, Richmond, Va. 23261

I wish to sponsor a ☐ boy ☐ girl in (Country)_____

☐ Choose a child who needs me most. I will pay $12 a month. I enclose first payment of $____. Send me child's name, story, address and picture. I cannot sponsor a child but want to give $____. ☐ Please send me more information.

Name_____

Address_____

City_____

State_____ Zip_____

Registered (VFA-080) with the U.S. Government's Advisory Committee on Voluntary Foreign Aid. Gifts are tax deductible. Canadians: Write 1407 Yonge, Toronto 7.

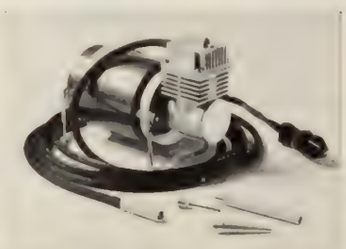
50 great gifts to buy

Continued



For home cleaning efficiency, it's hard to beat this compact vacuum cleaner. It rolls easily, has a full set of attachments and takes little storage space. The motor-driven beater bar in the suction head cleans as deep as an upright cleaner.

Power Team Vacuum System from Eureka, $119 to $199.



A lot of puffing generally is needed to make an air mattress into a bed. Now you can save your breath. Just plug the adapter into your car's cigarette lighter and the tiny compressor blows up an air mattress, a basketball, even a flat tire.

Compressor, $29.95. Chris Craft, Marine Accessories Div., Algonac, Mich. 48001.



A classic Christmas favorite, the GAF View-master has now been incorporated into an exciting action game for children six and up. It includes viewers, playing board, and suction-cup "Klompers." The object of the old-and-new game is to fill each game board with as many Walt Disney characters as possible.

GAF Klomp-It Game, $7.95.



Cook meals slowly, the c time way, in a genuine stonew crock. Heat coils surround stoneware lining provide enou heat to keep food just bel boiling, so you won't overco Outer surface is tough, easy- clean Lexan.

Rival Crock-Pots, $19.95 $39.95.



Looking lovely and being c time is easy for the woman wh dries her hair with this portab hair dryer. The 1,000-cubic-in bonnet accommodates even th largest rollers. The tabletop un is fully adjustable and collaps compactly for transporting c storage.

Lady Schick Time Machin $38.98.



This desk-top TV set packs lot into a remarkably small pack age. The unit also features am/ fm tuner and a digital clock with a 24-hour alarm.

The alarm awakens you t your favorite radio or TV pro gram, or to a gentle buzz if you prefer. Since the unit is fully transistorized, both image and sound happen the instant you turn the unit on.

RCA Lunar I TV, $160.

Continued



Give the book that's good enough to eat. *Give Life Savers® Sweet Story Book. It's more than readable. It's eatable. Because it's rolls and rolls of Life Savers in everybody's favorite flavors, all wrapped up in a shiny Christmas book. So this Christmas when you need a stocking stuffer, (or a gift for the postman, milkman, paper boy, teacher, or anyone else you like), give Life Savers Sweet Story Book.*

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10¢ BG 0122 BG 0122 10¢

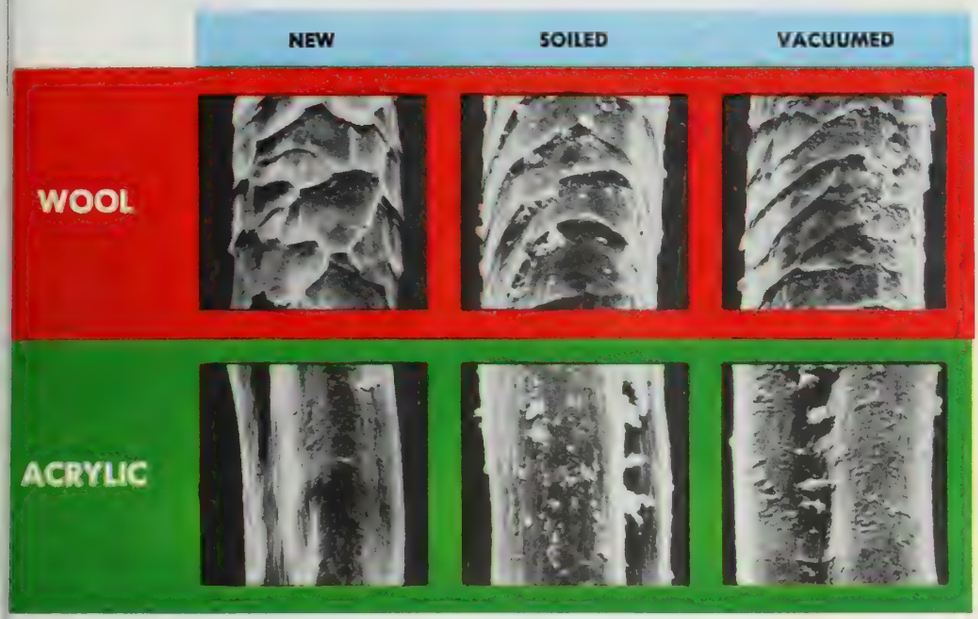
How to make an investment in carpeting you won't regret.

Most carpets, even synthetics, look great when they're new, but a wool carpet looks newer longer. Why?

As recent tests of wool vs. a comparable acrylic showed, a wool carpet comes cleaner by vacuuming, comes cleaner by shampooing. Here's proof.

ne vacuum test:

ol and acrylic carpets were laid at a cafeteria entrance for 3 months and walked by 48,000 people. The samples were alternated every day and vacuumed every . On the last day of the test an electron microscope studied the carpets.

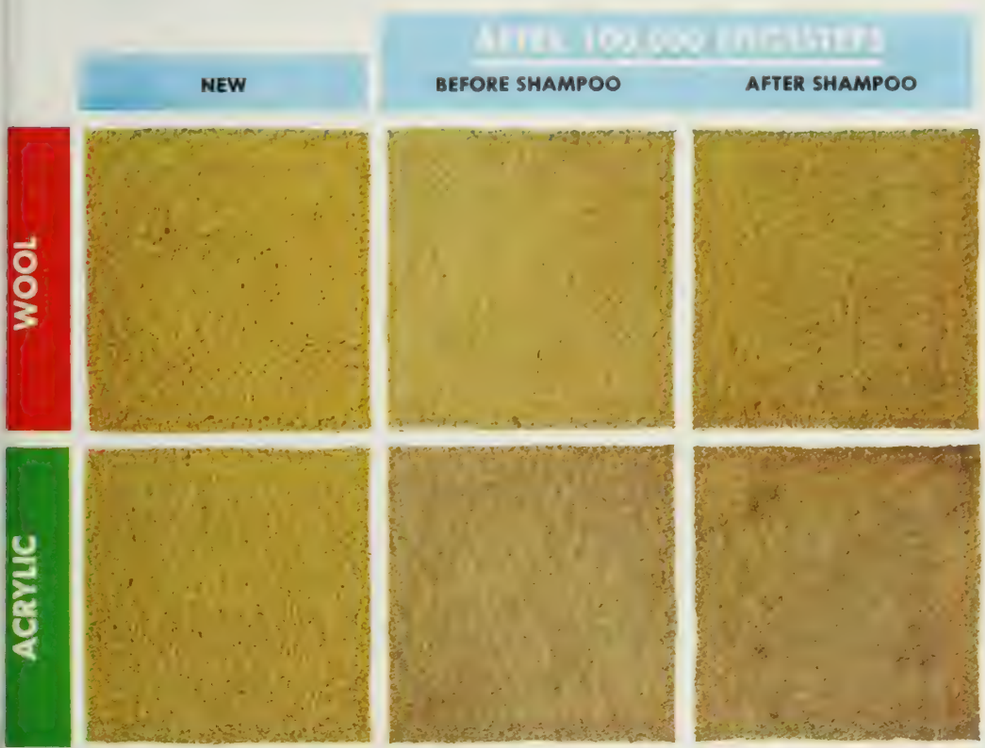


sult: Before vacuuming less dirt adred to the wool fiber—with its scale- surface—than to the acrylic. After vacuuming, wool had shed dirt more.

Conclusion: Wool's scaly fiber tends to reject dirt. Wool cleans better.

he shampoo test:

ool and acrylic carpets were laid on the floor and shampooed after every 20,000 ps until 100,000 footsteps had been recorded—the equivalent of 2 to 3 years' wear an average home. Photographs show how wear changed the color of the carpets.



esult: After the first shampooing, the ool had shed soil about 4 times better an the acrylic . . . its color was still bright. s the heavy traffic on both carpets conued, the acrylic carpet soiled from four to five times more than the wool—and kept collecting soil faster than wool after each subsequent shampooing.

Conclusion: Wool carpet stays newer looking than acrylic. Wool cleans better.

A wool carpet cleans better. By test. Ours. And yours.

Which carpet cleans better, wool or acrylic? Wool's the one. The winner twice over. Rejects dirt better. Cleans better. And looks newer longer.

We've proved it in test situations and you'll prove it at home. Every time you vacuum your wool carpet or shampoo it.

And all the credit goes to the scaly wool fiber. Hedged all around by hard shingles very much like the shingles on your roof, wool's uncopyable structure is the real reason a wool carpet does not attract and hold dirt.

To sum up. Acrylic carpeting gets dirtier faster than wool. And wool gets cleaner easier by the two methods you use in your own home.

Wool. It's got life. And it looks it.

PURE WOOL PILE®

The Woolmark label on carpeting means it has passed a battery of tests in the Wool Bureau laboratories, for fiber content, pile weight per square yard, mothproofing, backing construction. Look for the Woolmark label. It means you've got a quality-tested carpet made of pure wool pile.

Wool. It's got life.



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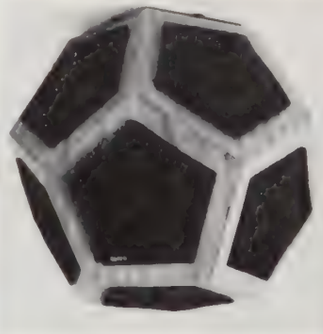
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50 great gifts to buy

Continued



Versatile speaker cabinet stands by itself, sits on a shelf, or hangs from the ceiling.

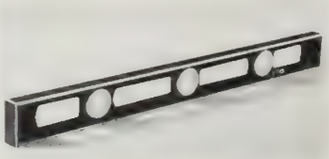
Inside the walnut cabinet is a six-inch woofer mid-range speaker with large voice coil, plus five 3½-inch tweeters equally spaced on a 360° axis. This is the speaker for those audiophiles seeking true omnidirectional sound.

Carlu Six Speaker, $79.95. Carlu Manufacturing Company, Gardena, Calif. 90248.



The old-fashioned crock has gone mod! Available in three different sizes, these colorful plastic food containers keep food hot or cold, however you happen to like it. As on the old-time models in grandma's pantry, there's a spring wire lock to keep the top in place.

Therml-Krocks, 69, 79, and 89 cents. R. K. G., Inc., Box 941, Henderson, Ky. 42420.



Keep everything on the level when you're building with a versatile and rugged carpenters' level.

One side of the level beam is magnetized for working on inclines, such as plumbing or heating duct projects. If you break one of the glass vials, just pop the vial unit out and replace it.

Stanley Level, $9.98. Stanley Tools, 195 Lake Street, New Britain, Conn. 06050.



Shed new light on your doorsman's life with a recha able fluorescent light.

Truly versatile, the light erates from household cu or car, or up to 20 hours o own battery. The battery ca recharged 150 times.

Coleman Charger 3000, The Coleman Co., Wichita,



A palm-size sewing mac is the ideal gift for the stu traveler, or busy homem who doesn't want to take time to set up her big mac Operating from two "D" or AC current, the machine perfect chain stitches reaches many places where ordinary machine can't go.

Mini Sewing Machine, $2 Brother International Corp., 5th Ave., New York, 10019.



Stepping off Sesame St and out of Little Golden B come Bert and Ernie, Big Scuffy the Tug Boat, and characters to help your learn motor skills, color id fication, and group participa

Golden Book and Ses Street Puzzles and Games, W man Publishing Co., Inc., Third Ave., New York,

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I had dingy teeth. And doggy breath.
Nobody kissed me twice.
Even my best friend wouldn't tell me why.
Then I discovered MILK-BONE Dog Biscuit
Hard crunchy nourishing biscuits that scra
away unsightly stains and tartar (from my
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almost human again.
And best of all, with Milk-Bone Dog Biscui
I got cleaner, whiter teeth in just three wee

"How I got cleaner whiter teeth in just three weeks."



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50 great gifts to buy

Continued



To finish seams like a pro, the home sewer needs electric pinking shears. This lightweight model lets you cut forward or reverse, follow curved or straight patterns, and adjusts to various thicknesses.

Safe to operate, the shears have a special cutting wheel that runs against a hardened roller and never needs sharpening.

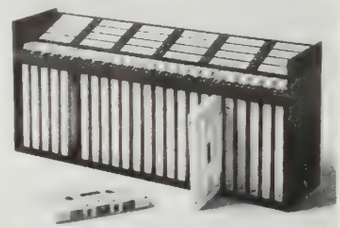
Hallmark Pink-O-Matic, $15. Culver City, Calif.



Press as you sew with this compact iron designed with the home seamstress in mind. The narrow, tapered soleplate is great for pleats, seams, and darts; the open handle facilitates pressing into sleeves.

The iron may be used dry or with steam. The water bulb is angled to direct the spray to the fabric in front of the iron.

General Electric Sew and Press Iron, $15.98.



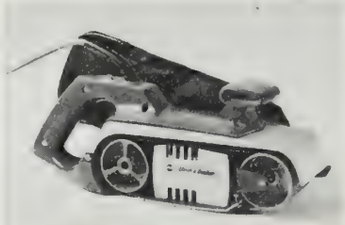
Keep tapes neatly cataloged. Just slip cassettes into the numbered slots, write the title on self-adhesive paper, and place it opposite the corresponding number atop the unit. Then, when you want to select a tape, press the numbered key and the tape pops out into your hand.

Simplector, $14.95.



The family outdoor chef will appreciate this addition to his barbecuing equipment. The cordless rotisserie will turn a 15-pound roast over almost any grill for more than six hours. The unit recharges overnight.

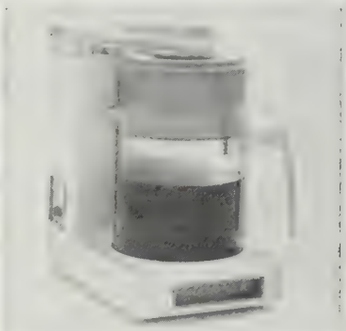
Disston Cordless Electric Rotisserie Kit, $29.95.



This two-speed belt sander has a dust-collecting bag that really works. The motor is set between the drive pulleys for a low center of gravity.

Built to take hard use, the unit uses standard 3 by 24-inch belts, operates at a maximum of 1,200 feet per second sanding speed, and weighs nine pounds.

Black & Decker 7460 Sander, $69.95.



Home-brewed coffee as good as the best restaurant coffee is easy to achieve with this unique coffee maker.

Just fill the reservoir with the required amount of water, place coffee grounds in filter over glass pot, and flick on the switch. Boiling hot water drips through the grounds, making seven cups of coffee in minutes.

Norelco Coffee Maker, $40.

E Automotive Editor

y a
r for
ristmas?

y it's unthinkable to buy a late December. Christmas ptied your pockets and n't see subjecting a new winter slush. Yet for those asons the last week of the actually the *best* time to new or used car.

le don't normally buy ound Christmas, so deald salesmen get hungry. s are a salesman will not lled his quota, and as the closes he gets into the ng spirit.

and city taxes are usuvied on business inven- n December 31st. Dealers to reduce their stock of hand to save on taxes, means the dealers are re- to accepting low offers. especially true of used car who have exceedingly nventories in December— ult of so many cars hav- en traded in on new ones September and October. savings you can realize h buying in late December on two factors. First, you e willing to buy from hand. And, second, you o some bartering.

lers stock cars with the opular options already on so you will have a fairly choice. Naturally, you want to buy a car that is aded with extras you need, or one that is under- ed for your purposes. But re willing to compromise nd there, you can realize while savings.

advantage to buying he cars in stock is that you te possession immediately. ou'll avoid the reappraisal r trade-in that may be ne- when a special-order car is delivered.

another advantage to buy- December, or anytime November through March, the weather is working in favor. Rain, snow, and lly disgusting weather people away from the car o if you plan a car-buying ion toward the end of a of foul days, you'll find en more receptive to bar- g.

ou're in the market for a ar, there is one shortcoming to buying in December—short days. Since it gets dark early you'll have to shop on weekends or take time off from work. For you should never inspect a car after dark. No matter how well lighted a lot is, mismatched paints and shades of rust won't show up under artificial illumination.

Bartering is essential and the salesman expects you to engage in it. Remember that the sticker price, found on the label glued on the car window, is the highest price at which the car can be sold. There is only one time of year when the dealer expects to get the sticker price and that is at new-model introduction time when demand exceeds supply. The rest of the year, and especially during the slow sales

Continued



Discover rainwater softness...
In the wash cycle.

Discover Rain Barrel™. And discover the convenience of using a fabric softener at the start of your wash.

And when Rain Barrel goes in at the start . . . you'll find things come out feeling rainwater soft, smelling rainwater fresh.

Rain Barrel works in a way no other fabric softener can.

Its unique formula makes it compatible with detergents. Enables it to soften in the wash cycle.

It's that easy . . . it's that soft. Once you discover Rain Barrel.

The wash cycle fabric softener from Johnson®

Buy a car—

Continued

periods, he'll settle for considerably less.

But in order to deal intelligently, you have to have some idea of your bargaining power. To determine the approximate cost of the car to the dealer, deduct about 23 percent from the sticker price on a full-sized car, 18 percent on a middle-sized, and about 14 percent pact or subcompact.

On a $4,000 full-siz dealer may have $92 with; only $280 on pact. These figures inc ing for dealer prepar delivery (from $20 t pending on the car), n any allowance made salesman's commissi lead, or profit.

The 'difference bet and selling price obvi sheer profit. Overhead ing, and salesmen's co must be considered you must allow the dea a reasonable profit on ment. All of this t consideration, a lar dealer can normally down to $150 over c times less. Small sal dealers may have to c siderably more just t business.

But these discount basis for your dickeri new car. If you intend you should invest in s work. Find out appr how much your old ca by gaining access to guide. It comes in seve *National Automobile Association's Official Guide*, published at headquarters in W D.C., is issued month nual subscription ($12 Most dealer salesmen their copies available spective customers, o see a copy at the pub or your credit union. I fer, you can find t similar guide (publishe tional Market Repo Toronto, Canada) in loan departments of m

A third source is *Used Car Prices*, semiannually at $5 p you can't find a cop public library, check store or magazine out

These guides will v what in their evalua N.A.D.A. version prob the most realistic sinc vised monthly. It als mileage tables, where can adjust appraisals usually low or high mi

Christmas car buy can save you a great d and the salesman are barter. You should kee however, that money only criterion in car bu dealership's ability an ness to service the car is of equal importanc long run, you'll save m taking the second-best if it comes with first- vice assured. ■

Get our Aqua-Vac for 49.99* and don't cry over spilt milk.



Or disasters in the laundry room



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Or even water

You'll find Aqua-Vac® can clear up just about anything—liquid or solid, indoors or outdoors. Leaves? Fireplace ashes? Water? No problem! It even has a drain plug at the bottom for easy cleaning. And a 22-piece accessory kit makes it incredibly easy to use for all your cleaning chores. It comes with a dolly, brushes, crevice tools, squeegee, extension wands, replacement filter bags, floor nozzles—including one for shag rugs. If you'd like to have Aqua-Vac around the house, just come in and see us or fill in the order form below. Then start wondering how you ever managed without one!

Order early and you'll have it for Christmas

Please send me the JCPenney AQUA-VAC as indicated below. I will purchase as indicated. PLEASE PRINT

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How Many ?	Item Number		Purchase Price	Total
	L 952-4893 FA	JCPenney AQUA-VAC	$49.99	$

☐ CASH. I enclose my check or money order made payable to JCPenney Co. Inc., for The ORDER TOTAL.

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Aqua-Vac comes with a 22-piece accessory kit.

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We know what you're looking for.

ow to plug a new all outlet

with a newer house, you're to find rooms which have "blind spots"—areas that served by close-at-hand outlets. You could, of , skirt the problem by us- tension cords; but if you'd avoid this often unsightly n, try adding a new wall It's easy!

can hook up a new outlet h your basement or be- baseboard.

a basement hookup, cut in the wall between the where you want the outlet Use the edges of a junc- ox to outline the hole to in the wall. A keyhole akes the job easy.

he basement, drill a hole ough the floor below the of the new junction box. ole will go through your sheathing and, probably, h the 2x4 plate the studs n. Now drill another hole gh the floor under the near- sting wall outlet.

pending on your local elec- odes, you may use either ed flexible cable or "BX" for the hookup. Your g supply dealer can tell hich. Install your cable in sement first, using cable hangers about every three fasten the cable to the or wall.

t, install new junction box n expanding side clip type sier mounting), and then wall plug. Now connect ble with the new wall plug: ack wire to the brass ter- and the white wire to the terminal. Then connect ther end of the wires the way to the existing outlet rawing A).

a baseboard hookup, ff the baseboard and its shoe. Use a cold chisel or brick chisel to cut out a el in the wallboard for the wire between the old and outlet positions. Fish the cting wires up from the el to the outlet boxes (see ng B). Then connect the as described above.

u may have to pull the g box out of the wall to ough working space. When e finished the wiring, fill annel with patching plaster.

People will notice Mom's eyes, Dad's smile and Carter's layette.

Take the brand new baby. All soft and warm. And very special.

Then get him an easy-care Carter's layette, in the pretty Nursery Print. It's soft and special, too.

It doesn't matter what you choose. We have bibs, sleeping bags and lots of things in between. All made of machine washable comfortable cotton knit.

He's already got the best eyes and the best smile. All he needs now is a Carter's layette. It's the best.

Bibs to sleeping bags from $.55-$9.00. Gift sets from $1.75-$15.00.



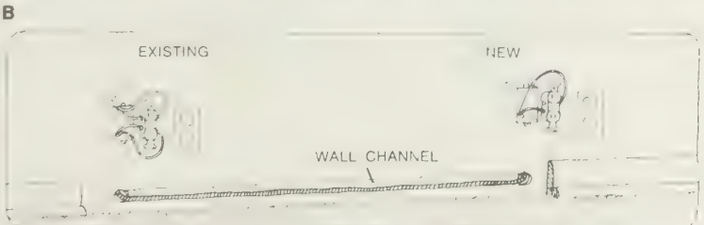
Carter's

INFANTSWEAR · PLAYWEAR
SLEEPWEAR · UNDERWEAR



B





The Forgetful Wise Man

Here's a play specially tailored for those delightful marionettes on page 52. You don't have to stick to the script when your puppet people perform. Sometimes marionettes have minds of their own—in fact extemporizing is half the fun of putting on live shows.

Place: A street in Bethlehem. A backdrop trimmed with stars and green hills is enough to set the stage. As the curtain opens, the shepherd boy Micah is seen leaning over a small sack on the ground. Micah's pet lamb Leander stands nearby.

Micah: (giving sack a kick) Nobody wants this old thing. (he keeps inching it one way and another) So if I give it a little push . . . all the way home . . . I'd be doing Herod's men a favor. Sort of cleaning up the streets. Making ready for this new King they say is coming. Right, Leander?

Leander: (turning to the audience and speaking in a high, thin voice) That's not what *you* had in mind, little Master. But I'd better not tell you the truth. All I know for sure is that something in that bag smells awfully good. (To Micah) Bah! Bah!

(Enter Sarah. She is one of the village children. Although she stands in some awe of Micah, she sometimes adopts a superior attitude.)

Sarah: Why, Micah! What are you doing here? All the shepherds are up in the hills . . .

Micah: (quickly placing himself in front of the sack and sitting on it) Leander was feeling sickly. So I came into Bethlehem to get some herbs from my mother.

(Leander trots over to Sarah saying "Bah! Bah!" and nuzzling her.)

Sarah: Oh, poor Leander. (petting him) If you don't get well and grow big . . . they'll never save you for the wool shearing in the spring. (To Micah) Did you get some . . .

Micah: (sadly) No. She'd sold all her herbs to the strangers. You know the people who've come to pay taxes to Rome. (forgets the sack and runs over to pat Leander) But I'll never let anything happen to him. I'll run away to the Sea of Galilee and become a fisherman . . . and I'll take you with me on the boat, Leander. So you don't have to worry . . . not that you ever do . . .

Leander: I worry! I worry!

Micah: I thought I heard . . .

Sarah: (catching sight of the sack and skipping quickly around Micah and Leander) Why! What's in this package? Why are you hiding it, Micah?

Micah: Oh ahhh . . . it's just something . . . I mean nothing. (he stutters, embarrassed.)

Sarah: (kneeling beside the sack) Don't you dare touch it . . . or move it. If you just look at a wealthy merchant, the soldiers brand you as a thief. Imagine what they'd do if they saw you with this . . .

Micah: (moves around behind her) I just found it . . . Ah, come on Sarah. I didn't steal it . . there might be something . . . something I could sell to buy herbs . . .

Sarah: (pushing him away with her hands) No, you don't! I said, leave it alone!

Micah: Go away, Sarah. Who asked you . . . I need it . . . there might be a piece of Tyrian silver . . . or a gold groat . . . or . . .

Sarah: Or a beating from the soldiers . . . or a prison . . .

(Micah kicks the sack till they exit still arguing. "Leave me alone." "No, I won't let you take the sack. You're a silly shepherd boy." "You always stick your nose into things that are none of your business . . ." Leander follows them saying "Bah, Bah." Exit stage left.)

(Enter from stage right, Melchior followed by Kindheart, the camel. Melchior is tired and confused so he walks slowly and haltingly.)

Melchior: (sighing and moaning) Oh dear . . . dear me . . . what shall I do? This is the end . . . the bitter end . . . they'll never forgive me . . .

(He moves around the stage with head bent . . . occasionally getting down on his hands and knees to look for something.) Is that it . . . no . . . maybe over here . . .

Kindheart: (moves downstage and addresses the audience in a deep, raspy voice) Beats me what he's going to do now. You can probably guess what's happened. My master, Melchior, has managed to lose his present for the Christ Child. You see, he's absentminded. It wasn't bad enough that he dropped his crown in the Caspian Sea . . . I almost drowned getting it back for him. Then he left his ermine cloak in an inn in Thrace. I had to nip the landlord's son in three places before the wretched boy would give it up. And now . . . NOW. I just turn my back and . . .

Melchior: Oh my sacred whiskers . . . where could I have left it?

Kindheart: (approaches the kneeling Melchior) Right over here . . . Master . . . but it's gone now . . .

(prances over and nips the Wise Man)

Melchior: (jumps a foot in the air) Ouch . . . that hurts! Why in the world did my camel nip me . . .

Kindheart: Because you're an absentminded Magi . . . that's the reason. You may be kind and wise . . . but you'd forget your feet if they weren't attached to your body.

Melchior: (throwing up his hands) He's talking . . . am I dreaming? . . . No . . . No . . .

(backing off in amazement, he almost bumps into Balthazar and Gaspar who enter stage right)

Balthazar: Always in trouble . . . now what have you done?

Gaspar: He's lost everything else . . . maybe it's his mind now . . .

Melchior: Balthazar! Gaspar! He's talking . . . Kindheart spoke to me!

Balthazar: (matter of factly) Don't flip your crown . . . Melchior. It has been foretold . . . this is Christmas Eve. The night when miracles take place. Yes . . . (thoughtfully) this is the one night when the animals have voices . . . there is music in the air . . . like a heavenly choir . . .

Gaspar: (joining in excitedly and gesturing) And look at the light! It's almost midnight . . . and it's like the marketplace at noon . . . that huge star over there seems to shed a brilliance everywhere.

Melchior: Yes . . . we must find the stable and give our presents . . . Oh dear . . . I forgot about that . . .

Gaspar:) (in unison saying
Balthazar:) different things)
"Forgot?" "What?" "What's gone now?" "What have you done?"

Kindheart: Uh huh . . . he did it again. He forgot he lost his gift for the Christ Child.



Gaspar:) (in unison, mutter-
Balthazar:) ing reprimands)
"Oh no . . . how could you?" "Not that . . . all those wonderful herbs you've collected!" "The sweet laurel . . . the mint . . . the chamomile . . . all gone?"

Melchior: (hanging his head and sounding as if he's about to break into tears) I only put the sack down for one instant . . . one tiny fleeting second . . .

Kindheart: (interrupting harshly) You went galloping off as if the soldiers were after you . . .

Melchior: I thought I saw a very rare herb and . . .

Gaspar: There's no point going to pieces . . . (going up to the camel) Kindheart, did you see anything that will help us find the present?

Kindheart: (considering) Well, when we came in . . . I thought I saw . . . for an instant . . . there were two village children . . . arguing . . .

Melchior:) (babbling different
Gaspar:) suggestions as they
Balthazar:) move off the stage)
"Quickly . . . quickly . . . let's go find them." "Those herbs are so hard to collect." "Oh dear, do you think the youngsters could have found the sack . . .?"

Kindheart: Less talk and more speed, masters! (Kindheart nudges the Wise Men off stage left as the curtain closes.)

ACT II

Curtains open to show Mary, Joseph, and the Babe in the center of the stable. As the curtain is drawn, the angel floats across the stage and kneels in front of the manger. With a tape recorder or portable record player, start Christmas choral music and let it play loudly for a minute while the angel continues to kneel. As angel rises, turn the music down but let it continue to play all through this scene.

(Angel rises and floats to the side of the stage. Angel can rest on one of the hooks set in the bar.)

Mary: Look at how quietly He sleeps. Not disturbed by the noise. Yet, I can hear the tramp of soldiers' feet . . . many voices . . . and music all around us.

Joseph: We must not tarry here. I am deeply afraid for Him. Herod's soldiers are starting to search . . .

Mary: But we are so weary, and it's not safe for a child so young to travel.

Joseph: It's even less safe if we stay here.

Mary: Our little donkey is footsore and lame . . . he can

Continued

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even clean water
lets spots form.

You get a lot of pleasure out of preparing a lovely, elegant dinner. And you don't want spots on your family crystal to spoil the effect. That's why it's good to know about Cascade. Cascade's sheeting action fights drops of rinse water that could dry into dulling spots. You'll like the Cascade look . . . and so will your guests.

Cascade fights drops that spot.

But Cascade
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virtually spotless.

The Forgetful Wise Man

Continued

barely move, let alone carry our few possessions . . . surely, we do not have to leave so soon . . .

Joseph: I fear we must try . . . the villagers have brought presents . . . and soon the news will reach the King. His spies are everywhere. But I will try to think of some way . . . some help . . .

(Music rises and angel floats across the stage to kneel in front of the manger. Curtain closes.)

ACT III

Another part of Bethlehem. Stable should be moved to back and right of the stage with Mary and Joseph in the stabl... their wires on hooks. ...lows the action to take ... front and around them. ... can be quickly move... needed. Place wooden h... left with Three Wise ... Kindheart in front.

Gaspar: All this runnin... and shouting will do ...

Balthazar: Besides it's ... the digestion . . . if ... had your sack of herb...

Melchior: (dispirited) I... look as if anyone w... them . . . including ... King for whom they ... tended . . .

Kindheart: If I could ... sensible suggestion ... should split up and l...

Balthazar: But let's t... about it. The star h... to rest over the sta... townspeople came ... with gifts hours ago ... the shepherds . . .

Gaspar: And we mu... late with ours . . .

Melchior: Dear me . ... shall I do?

Kindheart: Try not to ... thing else . . .

Balthazar: We'll all me... stable . . . keep an ... for that lost sack . . . (Kindheart and Balth... stage left. Gaspar hu... stage right. Melch... down and leans aga... "hills.")

Melchior: One way to ... of trouble is to do ... . . . perhaps a little ... ho hum . . . even a ... (Melchior falls fast a... the ground. Enter Mi... Sarah with Leander.

Micah: (the sack is n... pended from his arm... ever is in here . . . ... certainly likes it . . . (... jumps and frolics arou...

Sarah: Yes, he's been ... the side where there's ... hole . . . and I k... strange . . . but a c... times I thought . . . ... I'm dreaming . . . ... thought I heard h... "Good . . . it tastes go...

Micah: Then we're both ... ing because I heard it...

Leander: (jumping u... down) That's because ... "It tastes good." Just ... needed for my colic. ... I ate some water ... root thinking it was ... parsnip. And well, I g... rible stomachache. Do... so startled . . . a lar... titled to one mistake ...

Micah:) (simultaneously...

Sarah:) you hear?" "Bu... be." "How do you ... . . ." "He can't talk, b...

Melchior: (roused by th... from his nap) My... what's happening? (m... to inspect the group...

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When you get back to basics, you get back to Ford.

FORD PINTO

FORD DIVISION Ford

found it! My sack! Good
. . . that's most kind of
. . . what can I do to re-
d you?
: I hadn't exactly in-
ed to . . .
: (pushing him) Yes you
. . . intended to . . . I
n . . . you just hadn't got-
around to it. Tell him you
t a few of those herbs to
e Leander well and strong
so he'll have a fine coat
ool . . .
: It's so strong, Sir King
. my lamb seems to be
ing and he says he has a
achache and your herbs
well, he'd like some . . .
ior: No problem there.
got some extra samples
y pocket. As for his talk-
. . . this is the night for
cles . . . all the animals
. . . even my camel's
handing out advice. I'm
glad to get my present
. Frankly, between the
e of us . . . my friends
been exceedingly put out
me. This sack of rare
s is for the Babe who's
been born in the stable.
t over there, I believe.
: You see Micah! I knew
as important. I've got my
ers all ready . . .
: But I don't! I don't have
thing . . .
: Give Him your staff . . .
: How can I tend my
p without a staff?
: (with a sudden inspira-
) How about Leander? His
wool coat would provide
kets and garments for the
y.
: (close to tears) I sup-
if there's nothing else
. Leander would be a fine
. . . he's a good lamb . . .
ior: (kindly . . . noting
boy's unhappiness) Now,
. . . I'm not so sure about
. A little lamb needs con-
t care. And the Family
st leave soon . . . the way
be long and hard. Your
might slow them up. (Mel-
r paces around looking
a solution) I have it . . .
y not give him my gift . . .
've got it right there . . .
sack you found . . .
: (practically) Then what
you give?
ior: Dear me . . . what a
blem . . . I know . . why
course . . . what a perfect
tion! I'll give the new
g my camel Kindheart. It
all work out wonderfully.
t camel tends to be slight-
bossy anyway. He'll enjoy
eal challenge like this . . .
:) (both clearly delighted)
:) "Come on . . . let's go
. let's bring our presents
he Christ Child . . ."
as many of the characters
u choose walk across the stage, kneel in front of the manger, and then walk off the stage. Gaspar and Balthazar can retire to the back and "rest" on the hooks. Melchior and Kindheart enter last and approach the manger. Kindheart, obviously delighted, cavorts around for a second and then kneels beside Melchior.)

Melchior: (to Mary and Joseph) Perhaps this last present will be the most useful. Your travels may be long and perilous. But Kindheart is strong. He will carry all of your packs safely into a foreign land. (Mary and Joseph both nod and move their hands in blessing.) Turn up the choral music and have angel float across the stage as the curtain is slowly drawn.)

The End

Hotpoint offers a word of advice on self-cleaning ovens.



MODEL RB 776

There are two kinds of oven-cleaning systems you can buy today. This simple guide will help you tell the difference.

1 The "self-cleaning" method, called pyrolytic, is the only one that cleans the oven interior completely. This is done by raising the temperature inside the oven above 800°.

The "continuous cleaning" method does not clean the oven completely because it uses only normal 300°—450° baking temperatures. This is not enough heat to remove all soil and you still have to do some messy cleaning by hand.

Hotpoint uses the "self-cleaning" pyrolytic method because it is the only kind that automatically cleans every part of the oven interior: walls, floor, inner window, door and racks.

2 Among self-cleaning ovens there are important differences, too. The Hotpoint Self-Cleaning Oven interior is larger than most self-cleaning ovens.

3 Hotpoint has a window door on most of their self-cleaning ovens that lets you see what's cooking. That's something else you won't find on many other self-cleaning ovens.

4 We put a special Calrod® heater around the outer edge of the oven to assure cleaning of the front part of the oven and the inside of the oven door.

5 We also put solid-state oven controls on for accurate baking and self-clean temperatures.

All of these features together make the Hotpoint Self-Cleaning Oven the best your money can bu

And, like every other Hotpoint appliance—refrigerators, washers and dryers, air conditioners, compactors, dishwashers and disposals—they are built for a life of dependable performance.

And Hotpoint doesn't love you when you buy an appliance and leave you when it comes to service. Should anything keep a Hotpoint appliance from doing its job, one telephone call will bring a Hotpoint factory-trained serviceman to your door. And that's a promise.

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Fast, dependable service.



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A baby goes through enough trauma just being born.

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Try to imagine what those first moments of life must be like to your baby.

Everything is strange. Strange cold. Strange light. Strange noise. Strangers all around. Touching him. Handling him. Poking and cleaning him. It's all pretty frightening—especially if you're not even a day old.

But finally you hold him. Comfort him. And kiss him. (That's a nice warm feeling he's never felt before.)

The hospital does little things that make a baby feel loved and comfortable, too.

One of those things is Pampers.®

Pampers has the Stay-Dry lining. Moisture goes through it and is absorbed below—away from your baby's tender skin. His little bottom stays drier. He stays more comfortable.

Major hospitals across the country like Pampers for other reasons, too. And so will you. Pampers aren't a diaper you wash, so Pampers are always fresh and sanitary.

Pampers are waterproof outside so your baby doesn't need plastic pants. And there's nothing to bind or chafe his bottom. And because they're diaper and pants in one, Pampers help keep your baby's clothes and crib dry. Which is a good feeling in itself.

In its own way Pampers makes a baby's world a little drier, a little more comfortable. A little less hostile.



Pampers. A nice dry place to grow up in.

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How to buy Christmas lights

Are you trimming your first tree, or replacing your much-used Christmas tree lights, or choosing some for special decorative effects? Whatever your need, take time to shop carefully. Read the box label and tags attached to the string, rather than accept a sales pitch from a rushed and perhaps holiday-new clerk. Not only can erratic lights spoil your whole scene, they're extremely dangerous. Here are some background facts to help you choose and use lights wisely.

Individually lighted bulbs. Even if a bulb burns out not lost. The other bulbs set will still light as long burned-out bulb remains socket.

Safety fuse plug. If a is overloaded, the fuse safety plug will blow, a the main fuse. Safety p placements are available.

"Cool" bulbs. Most ture or midget lights bur so they won't melt nee plastic trees, or burn c or pets. For plastic trees ceramic-coated or tran bulbs. Instead, consider ne tic sprays". Their tiny l strands contain no ele but pick up light from bel

Replacement bulbs. imported sets are short-li cause the bulbs are non-r able. When you buy seve alike that have replaceable it is sometimes cheaper an extra set and use its b replacements. If that is no tical, buy the replacemen indicated on the box o attached to the string o so you'll be sure of gett same wattage and the sa base. When replacing bul disconnect the strand by the plug from the wall

End connector. If strand has an add-on co you can attach other sets ever, don't add more th number indicated on th This is usually not mo 300 miniatures on one

Sturdy box. A good, box will provide protec the bulbs. Some top-qua are packed in plastic fo greatest protection.

Length of string. should be at least six apart. On some sets, bu spaced closer, making dec difficult and creating a tration of heat in one are er attempt to stretch the

U.L. listed. Don't b lights that lack the U.L

Weatherproof sets. T label and information on will indicate if the set signed for indoor or use. For outdoor ligh cords aboveground and with special outdoor lig or insulated staples. Ma clips or staples do not wire. Tape all plug con with plastic electrical ta rubber gaskets in sockets out moisture, and fac sockets down so moistu not accumulate. Disco lighted decorations at b or when no one is home, plugging the string.

After the holidays, light strings caerfully fr or decoration. Look cl cords, plugs, and socke turn lights to their bo store in a cool, dry plac



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Center: Ivory Pine Cone Brooch $30 Jade Bracelet $50 14Kt. Gold Jade Ring $22.50 Poinsettia Earrings $22.50 and $20* Brooch $20
14Kt. Gold Coral Ring $27.50 Coral Brooch $32.50 Coral Earrings $25 Opal Brooch $40 Opal Earrings $27.50*
Bottom: Jade Cuff Links $22.50 Tie Tack $7.50 Cuff Links $12.50 Tie Tack $5 Tie Clip $10 Simulated Diamond Cuff Links $18.50 Tie Tack $6.50
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FAMILY HEALTH
GERALD M. KNOX
Editor

CAN HYPNOSIS HELP ?

It's nothing new, it can't really cure physical ailments, and it's not expected to replace time-proven medical methods. Yet twenty years after its controversial introduction to modern medicine, an estimated 10,000 physicians and dentists use hypnosis in their practice. The reason? Hypnotism, that unfathomable "trick" of the stage, has turned out to be a surprisingly useful—if limited—medical tool.

What's most notable about hypnosis is its adaptability. Quite often, it's an effective way to reduce or eliminate pain, and it lends itself to the treatment of a variety of conditions.

As an anesthetic, hypnosis has gained the greatest acceptance in the fields of obstetrics and dentistry, where apprehension, which tends to add to a patient's discomfort, can be dispelled along with pain, leaving no aftereffects. But the technique also is being used increasingly to supplement other methods of inducing anesthesia during surgical procedures. When hypnosis is used, doctors often can assure their patients of pain-free examinations and tests, and can sometimes relieve the symptomatic pain of such conditions as arthritis, bursitis, rheumatism, and migraine headaches.

What is hypnosis?

After World War II, hypnosis was touted as a modern medical miracle. Everyone, it seemed, wanted to get on the bandwagon. Itinerant teams of doctors and dentists crisscrossed the country, offering two- and three-day courses in the art and practice of hypnosis—and extolling the cures of everything from warts to alcoholism. Lay hypnotists opened offices in every major city in the country, and the individual with a dynamic personality and persuasive voice quickly had a large following.

It was soon discovered, of course, that hypnosis was not a panacea for all the ills of mankind. Today, it's considered a useful adjunct to conventional medical therapy in certain cases —but never a method to be used exclusive of customary medical care.

Defined in the simplest terms, hypnosis would be "an induced trance-like state of varying depths, during which the subject retains awareness of the presence of the hypnotist and responds to his questions and suggestions." It depends upon intense concentration on a specific suggestion—to the exclusion of all others. Patients have described the hypnotic state as a detached and totally relaxed feeling. And authorities on the subject say it is comparable to daydreaming and deep concentration.

A person who is being hypnotized may, depending on his particular motivation, reach a hypnotic state in a few seconds, or an hour. The hypnotist helps him get there by speaking to him patiently in a quiet, soothing monotone. Sometimes the patient is told to gaze at his hands, or focus his eyes on a light or a shiny object; other times to concentrate solely on the hypnotist's voice. Once the patient is "under," he can be kept that way as briefly or long as necessary.

While in a hypnotic state, the patient becomes oblivious to distractions, and amenable to the power of suggestion. If he is told he can't feel pain, he often won't feel any; if he's taken back in time to recall seemingly forgotten events, he can remember them.

Some patients can be given what is called a *post-hypnotic suggestion*, and will follow it after being roused. Others continue to practice self-hypnosis in the future after being told under hypnosis that they will be able to do so with a certain word, phrase, or symbol.

Some medical observers have compared hypnosis with acupuncture, the ancient Chinese needle treatment. Like hypnosis, acupuncture predates modern medicine. Both have been used to produce anesthesia, particularly in dentistry and obstetrics. Neither procedure has any aftereffects, and both have been used to treat a variety of medical conditions. And, unfortunately, many of the claims made today for acupuncture may be as overstated as those made for hypnotism two decades ago.

What happens under hypnotism?

Hypnosis is a phenomenon that hasn't been fully explained yet, and not even experts in the field can tell you exactly how it works. However, research and practical experience have provided answers to many other, perhaps more pertinent, ... tions concerning hypn... among them the following:

Can anyone be hypnot... Most people, possibly sever... of ten, can be hypnot... though not necessarily to... same degree. It is not pos... however, to hypnotize an... without his knowledge ... against his wishes.

Is a hypnotized person un... scious? No, he isn't. He can... hear, talk, think, and act. ... interestingly enough, he k... that he's not unconscious.

Is a hypnotized person ... pletely without a will of his ... Contrary to popular opinio... person under hypnosis is n... the mercy of the hypnotist... retains control of the situa... He can even resist sugges... of the hypnotist.

Are people likely to r... secrets under hypnosis? A pe... in a hypnotic state is awa... what he is saying, and he do... have to say anything he ... doesn't want to. In fact, ... things he does say aren't n... sarily true, and the doctor ... hypnotized him has no wa... distinguishing between an a... and a fantasized account.

Can a person become ada... to hypnosis? Since hypnosis ... neither a physical nor a pe... nent psychological effect o... body or mind, there's no ... a person can become addict... it. No matter how many ... he may decide to undergo ... nosis, the choice is always h...

Is it possible for a perso... to "wake up" from hypn... Only if he prefers to rema... a hypnotic state, in which ... the hypnotist can rouse hi... reversing the procedure he ... lowed in inducing it. Ev... something should, by a st... of the imagination, befall ... doctor during hypnosis, th... tient would simply drift of... sleep and waken as he us... does. He can also, if nece... rouse himself.

Is there any danger in it? ... danger, according to m... authorities, lies only in su... ting to a hypnotist who ... the training, psychol... knowledge, and medical e... ence it takes to handle hyp... both skillfully and safely, o... who would use the techniq... discriminately or for pur... of entertainment. ■



Sometimes it takes a little help to bring everything together at Christmas.

Christmas is tinsel and trees, friends and family, parties and presents and a time for people getting together. Bringing all these things together at Christmas is a big job. And sometimes it takes a little help. Practical help, like BankAmericard®.



Merchants everywhere think of BankAmericard as money so it will be easier for you to get what you need when you need it. Whether it's ornaments for the tree, presents for the family or traveling home, you'll find BankAmericard can help you make Christmas, Christmas.

Think of it as Christmas money.

THE RIGHT RETIREMENT PLAN IF YOU'RE SELF-EMPLOYED

If you're in business for yourself—part or full time—and you're not incorporated, you should seriously consider setting up a Keogh retirement plan. There can be sizable tax advantages—but to make your contributions count as a deduction against 1972 income, your plan must be in effect before the stroke of midnight, December 31. You'll have to act fast.

Back in 1962, Congress passed the so-called Keogh Act that made this plan possible. The aim simply was to give the self-employed (including partnerships) some of the retirement tax privileges available only to employees of corporations.

What are the benefits?

There are two basic benefits: 1.) You save taxes on income now. 2.) As your nest-egg funds grow, they're also sheltered from taxes until you're ready for your retirement years.

Say you put away $1,000 each year for 20 years under Keogh. Even at four percent, the fund would add up to a tidy $29,778. If you save the maximum deduction currently permissible—$2,500 a year—over the same span of time, and earn an average of five percent annually on that money, you'd wind up with $86,798 in tax-sheltered funds.

Are there any drawbacks?

The main one is that the funds can't be touched until you're 59½ years of age, unless death or disability occurs. If you do withdraw the money before, you'll incur a tax penalty. And you're prevented from participating in the retirement plan for five years.

Furthermore, if you have people working for you, they may have to be included under your plan. You can set the time they must work before they participate in the plan—but it can't be more than three years.

In no event can an employee's waiting period be more than that applied to you. In other words, if you have an employee who's been around for as long as you're in business, he must be in on the plan right away. You can't discriminate and make him wait three more years. If you've been in business three years, and your worker has been around two years, he'll be eligible for inclusion in one year. For new employees, you can require up to a three-year waiting period.

Moreover, any funds contributed on an employee's behalf are fully vested. That means they're his even though he quits or is fired.

How does the tax shelter work?

Despite the drawbacks, Keogh makes enormous sense. For one thing, you get *an immediate tax deduction.* What's more, any basic annual contributions under Keogh for yourself or employees are treated as "pre-tax deductions." That means you're paying taxes on less money than you actually earned. You even might get a slight reduction in the tax rate you pay by removing income (via the Keogh deduction) from a higher tax bracket.

Secondly, a Keogh plan *lets you save funds on a tax-sheltered basis.* If you're putting money aside in an ordinary savings account, for example, each year you usually pay taxes on the interest earned. Not under Keogh. The retirement fund income is tax-sheltered—that means there's no tax due—and keeps accumulating while under that umbrella.

Of course, you eventually pay taxes. But that's only when you start to withdraw funds when you're retired. Then, presumably, you will be in a considerably lower tax bracket.

How much can you contribute?

Under present law, contributions to a Keogh plan are limited to ten percent of income earned through self-employment, or no more than $2,500. If that earned income is $10,000, you can put away up to $1,000 a year. If it's $30,000, you can't put aside more than $2,500.

Whatever the percentage, as a rule the same rate applies to employees. (Exceptions are possible.) Say your contribution is ten percent, and you have a worker earning $5,000. You must put aside $500 for him. However, with $30,000 income, if you choose the maximum of $2,500, that works out to only 8.33 percent. Thus you'd only have to contribute $416.50 (8.33 percent of his $5,000 salary) in order for you to get the full $2,500 deduction yourself. And don't forget: What you put aside for him counts as a tax deduction, just as your own retirement funds qualify as a deduction.

Furthermore, if you have an employee in your plan, you and he can each put an additional amount—up to $2,500, or the percentage formula you're using—into the tax-sheltered pools for yourselves. That extra money must come out of *after-tax* income, however. And it can't be touched until retirement. But once it's contributed, that cash, too, is sheltered and can grow at a compounded rate without regard to immediate tax consequences.

How do the retirement benefits work?

You can tap your Keogh funds when you reach age 59½. On the other hand, you might choose to go on working, making contributions, and not touching the funds. In that case, the law requires that you must start withdrawing funds no later than age 70½.

You can elect to take your money in a "lump sum" payment when you retire. If so, there's a special "lump sum averaging" calculation involved, so you aren't burdened unduly by taxes. Or, you can arrange for periodic annuity payments—even for the joint lives of you and your spouse, if you wish. That way, the funds are spread out over a period of time, and so is the tax liability.

The tax deadline also can be extended even after you retire if you transfer your money at that time into 4½ percent special government retirement bonds. Such bonds also can serve as a savings medium from the start of the program.

What different ways can you invest?

A wide variety of "funding mediums" is available under Keogh, ranging from self-administered plans, to mutual funds, to savings accounts.

The chief requirement the law makes is that there be some sort of trustee or custodial arrangement so that you don't have direct access to the funds once a contribution to the plan is made. In other words, you can direct the plan's utilization, but you can't transfer the funds themselves. A trustee must be involved with your plan.

Here are some of the investment vehicles Keogh funds can be put into:

- *Savings accounts.* Offer high liquidity, satisfactory returns, maximum safety. Easy to set up at savings and loan associations, or mutual savings banks.
- *Annuities.* Offered by insurance companies. Provide guaranteed returns at retirement. Usually no inflation protection, however. Ordinarily can be combined with "incidental" straight life insurance; in other words, no more than 49.5 percent of contributions may go toward the death benefit premium.
- *Mutual funds.* Inherent stock market risks, but there can be a dollar-cost-averaging benefit from steady periodic investment. Also, provides an opportunity to offset long-range erosion of purchasing power due to inflation.
- *Variable annuities.* Offer assured return based on some variables, such as price level adjustments or performance of securities portfolio.
- *Split-funding.* A combination of mutual fund investing, plus either straight insurance or annuity policy.
- *Commercial banks.* This type of arrangement is usually only possible where there are bank-administered investment trusts.

Continued

Gift-wrap a room for the holidays.



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gift-wrap a room in your house.



SHERWIN-WILLIAMS

More than a paint store.

The right retirement plan

Continued

• *Self-administered plans.* These must be established through a trustee. Keep in mind that funds can never be used to invest in your own business. Self-a istered plans provide flex but their cost can be hig trustee usually charges a nual fee, plus a transacti pense). Also, remember you're playing with your o tirement money.

How do you set up a pl

It's relatively easy. T surance company, mutua or financial institution choose to work with will the paper work. So will y torney or CPA. Some org tions have master or pro plans, which require only pletion of a "joinder" agree In most cases you won't any trouble in setting up ceptable plan. Indeed, it come so much a matter of that only in special cases IRS provide a specific det nation of eligibility for plan.

Don't forget, though: To a tax deduction for 1972 the Keogh Act, you must your plan in operation by end of this calendar year.

What does the future hol

It looks promising. B Congress is a proposal to alize the Keogh Act con ably. Among other things proposal would raise the am of tax-deductible funds tha be set aside for retirement. proposed new ceilings: 15 cent, or a maximum of $7 The mandatory rules relati employees also would be and vesting privileges migh loosened up.

Of course, Congress ha to act. But this proposal up the trend to make pe planning for the self-emp more equal to those laws now favor employees of c rations.

For further information:

Your local IRS office some helpful material. A l or accountant also is a source of information abou aspects. For an expert, around discussion, read: *R ment Dollars for the Self ployed,* by Steven S. An ($6.95, Thomas Y. Crowe Co., 666 Fifth Ave., New City, New York.) ■

We put so much thought into our new washer that now it thinks for itself.



It's got a mind of its own – but you get to program it!

We built the things you're looking for into the JCPenney washer – including a brain that knows more about your clothes than you do! Just load up (it takes up to 18 lbs of heavy clothes!) and set the dial for the kind of wash you have. It'll give you just the right water temperatures all the way through just the right wash-cycle. You can even machine-wash fabrics you normally wash by hand. Our new matching dryer can also take up to an 18-lb load. It's got a choice of temperature settings, a 130-minute timer, and a buzzer to let you know washday's over! All totally simple to use. And all at the kind of price you find only at JCPenney.



There's a little agitator to machine-wash hand-washables! It's under the big one.



Washer **244.95** Electric dryer **169.95** (Gas dryer 199.95)
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- **Your Grand Family nancial Plan for the N Year, including budg bargain shopping, how to document it**

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This is New Improved Gaines Top Choice®. It's better for your dog than hamburger.

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New Improved Top Choice is moister and tastier than ever before. In fact, it's so moist and meaty it holds together like the hamburger you were thinking of buying for dinner tonight.

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No, you're not looking at hamburger.

You're looking at something better. But don't take our word for it.

Ask your dog.



Better for your dog than the hamburger you buy for yourself.

Holiday safety tips



By Janice Heckroth,
Appliances, Housewares, Management Editor

'Tis the season to be jolly, not to have an accident. But it could happen. In fact, hectic holiday schedules and gaily bedecked homes can set the scene for mishaps. These tips will help keep the holidays safe and happy at your house.

Christmas tree safety

That most beautiful and best-loved symbol of the season can also be a fire hazard. But not if you exercise care in selecting and decorating the traditional evergreen. When you buy a cut tree, look for one that has springy branches and green, tight needles. Gently bend the needles between your fingers. If they bend instead of breaking off, the tree is fresh. Another test for freshness: hit the butt of the tree trunk against the ground. If this produces a shower of needles, the tree has probably dried out too much to be a safe purchase.

When you get the tree home, saw off a section of the trunk diagonally at least one inch above the original cut. Keep the tree outdoors in a container of water or stick the base in a snowbank until ready to trim. Be sure the water level is always above the cut end and sprinkle branches frequently. Water will prevent the needles from drying and the branches from drooping. Moisture also helps preserve the tree's delightful fresh aroma so you can enjoy it throughout the holidays. It's best not to place your confidence in do-it-yourself flameproofing treatments at home as none are truly effective.

Shortly before Christmas day, mount the tree in a water-holding stand and bring indoors. Check daily thereafter to be sure there's sufficient moisture. This is a good task to assign one of the younger children who's old enough to take responsibility seriously. A tree may absorb from a pint to a gallon of water daily, depending on its size and condition.

Place the tree in the coolest part of the house and away from heat sources—radiators, registers, fireplace—as well as heat-generating units like television and stereo. Also keep traffic lanes and doorways free. Brace the top of a very tall tree to keep it from toppling over. Do not set up a train or other electric toys under the tree.

Decorating dos and don'ts

When trimming the tree, use only nonflammable ornaments. You may feel a nostalgic attachment for certain decorations that have been in the family for years, but don't let sentiment outweigh safety. Remember also to hang unbreakable baubles on the lower branches which are easily reached by a curious cat or a child's inquisitive fingers. If someone accidentally drops an ornament while trimming the tree, use a dampened paper towel to help pick up the slivers from the floor. Angel hair, by itself, will not burn nor will spray-on flocking. But snow sprayed onto angel hair adds up to a combustible combination. The best procedure is to spray your tree with snow first, then apply angel hair if desired.

Always examine tree lights carefully each year for burned-out bulbs, frayed cords, exposed wire and broken sockets. If it's about time you invested in new lights, buy only those with the UL (Underwriters' Laboratories) label. Hang tree lights so the bulbs come between the branches and don't rest directly on them. If you use metal foil icicles, be sure there are none dangling near bulbs or light sockets. Inspect the tree from time to time and if needles near lights begin to look a little brownish, change the position of the bulbs.

Be especially wary of overloading electric circuits. This is very important when you're using several sets of tree lights plus illuminated wreaths, candles, etc. Get into the safety habit of disconnecting all Christmas lights before going to bed or leaving the house.

Dismantle the tree as soon as possible after Christmas. If you plan to keep the tree up for that post-holiday party, then don't light it for more than a half-hour at one time. But when the needles start to fall in earnest, it's high time to take the tree down and discard it. Do not burn your tree in an open fireplace.

Outdoor decorating pointers

If you plan to decorate the outside of your house, use only equipment expressly designed for that purpose. Check the package label to be sure. Wherever you can, run cords above the ground. If this isn't possible, drape cords over wooden stakes high enough to avoid contact with snow and slush. As an added safeguard, wrap plastic electric tape around each connection. Keep cords away from doorways or other areas where people might possibly step on or trip over them. And never fasten cords to the side of the house with nails, but secure with insulated staples or drive rings.

To keep moisture from getting into light sockets, use rubber gaskets when inserting bulbs. Then hang sockets so they point toward the ground.

Before installing or repairing outdoor lighting (even replacing a burned-out bulb), always turn off the electricity. The slightest bit of dampness in the presence of electricity can result in a catastrophe. Should the lights inside the house flicker or fade when you illuminate your outdoor display, you've probably overloaded the wiring system. In that case, turn off all other lights on that circuit when the outdoor lights are on.

Choosing indoor decorations

Though you may want to "deck the halls" with real holly, evergreen, and mistletoe, think twice. They make elegant centerpieces and other Yuletide arrangements for mantel and window sill but "live" greenery can burn very quickly, especially when used with candles. Play it safe and devise equally attractive decorations made with flameproof crepe paper and artificial boughs, glass, metal, asbestos, and other noncombustible materials.

Christmas wouldn't be Christmas without candles, but they must be handled with extreme care. Never use candles on or around the tree or insert them in foam holders. Plastic foam is very flammable. Also, give particular thought to where you place candles. Arranged on a low coffee table, for instance, they could easily ignite a small child's clothing in seconds. It's best to keep candles high above furnishings—a safe distance from any ignitable substance.

Safety throughout the house

In the excitement of opening presents, gift wrappings occasionally get pushed off into a corner where they're forgotten. Busy as you are, do take time to dispose of all wrappings immediately. Either place them in a covered metal trash barrel, burn them in an incinerator, or fold them neatly away to use again next year. Never burn wrappings in the fireplace.

The holidays usually bring more parties and fancier menus which mean increased activity in the kitchen. For safety's sake, keep work counters clear by washing and putting away cooking utensils as you use them; wipe up all spills immediately. Use a sturdy stepladder (not a shaky chair or stool) to reach dishes stored on an upper shelf. And avoid letting children carry anything hot or heavy to the table. Instead, use a serving cart to wheel those steaming dishes into the dining room.

Snow-covered walks and icy steps are no way to welcome friends and relatives. Clear walks and driveway and be sure there's a bright porch light for after-dark arrivals.

As merrymakers toast the season, remember that more than 50 percent of all fatal traffic accidents involve people who have been overimbibing. Follow the rule of one drink an hour, which is all the alcohol the body can safely absorb in that amount of time. Serve a coffee nightcap, giving celebrants a safe margin of time before they get behind the wheel of a car.

If your holiday plans include an out-of-town trip, have your car thoroughly checked before starting out and always buckle those seat belts. Travel in the early daylight hours to avoid traffic snarls, allow plenty of time to reach your destination, and match your speed to the road and weather conditions. Stop for frequent stretch breaks and change drivers where possible. If the weather turns unexpectedly bad and roads are icy or snow-packed, use an alternate route.

Even if you observe all the rules of holiday safety, it's wise to consider what to do in case of fire. Sit down with the members of your family and plot an emergency escape route. Be sure all doorways are kept clear and have water-type fire extinguishers or buckets of water handy for any emergency.



From Italy with love.
Sears Bellissimo bedspreads.

The most beautiful bedspreads in the world are made in the province of Lombardy. There, in a remote hillside village, tapestry weaving is still a living art.

On the looms of today, Italian craftsmen weave bedspreads like their ancestors wove during the Renaissance. Spreads that are thick, luxurious, and heavy in fringe.

Just one look and you'll know why Sears calls these classic tapestries "Bellissimo." And imports them just for you.

Twenty color combinations, five designs. All easily dry-cleaned. Most styles available in full, queen and king. At most larger Sears, Roebuck and Co. stores, and in the catalog.

Only at Sears

A special greeting to you on this our Fiftieth year...Joy...Peace...Love...Sharing...Celebration

By Elizabeth D. Craster, Home Entertaining Editor

We lead off this anniversary Christmas issue with one hundred ideas—some to inspire gifts for family and friends, some to use year after year as decorations for your home. To make room for this special celebration of ideas, we're publishing 46 color pages in honor of half a century of Christmases. As always, we've included the instructions for every idea.

It's particularly fitting that we chose to celebrate our anniversary in December—the time that restates the continuity of life with the power and the beauty of the Christmas story . . . of families joyously reunited . . . of heartwarming traditions as simple as a beckoning candle in a window or as awesome as a carol sung in the silence of midnight. As one generation gives way to another (the young families who work on our projects today probably have mothers and grandfathers who sawed and cut and pasted in the same manner), we're reminded that nothing is completely new—but the old is always reborn at this season to sparkle with a pristine freshness. Yes, Christmas is indeed a fabulous phoenix that rises each year full of belief in the present and joyful anticipation of the future.

Because Christmas is so much more than glitter, gilt, and gifting, we've started out this issue with Nativity scenes, a town of Bethlehem, a stained glass window, and six exquisite crosses. In the food section, you'll find all-time favorite Christmas recipes—and some tempting new ones as well. There are decorations that suit every nook and cranny of your home and every taste—gifts that you hoped to find or never dreamed of. And because Christmas should, above all, make glad the heart of childhood, we've included fourteen easy-to-make presents to satisfy every youngster's exuberant desire to love and share with all his friends. Halfway through the issue, you'll find an Advent calendar—a gift for all our readers. It's ready to trim and mount on cardboard—a wonderful way to commemorate the eventful, hectic, merry days preceding Christmas.

At right: A Christmas design to treasure by the talented Los Angeles designer, B. J. Casselman. Inspired by ancient Coptic triptychs, this three-paneled wooden screen requires a minimum of workshop know-how to make the basic form. To duplicate the dramatic design, you'll need sandpaper, a wood-burning tool, paint, and paintbrushes.

Photographs: Hopkins

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Ceramic-like creche scene, top, isn't made of highly glazed pottery but of a cold enameling medium applied to cutout plywood shapes. Both figures and palatial manger are inspired by early Italian Renaissance painting. Don't try this if you're all thumbs. It takes know-how! Contemporary stained glass window, lower left, wins the prize for fast and easy fixing. It's made with a framework of laminated paper and plastic cut with an artist's knife and backed with a tissue paper collage. Choir boys are salt and pepper shakers. Colorful Bethlehem scene, lower right, can be set compactly on a table or strung out around a tree. Boxes and square and round cylinders are covered with felt and topped with halved plastic balls and bottle lids. Windows are foil.



Generations of reverent multitudes have used the cross to symbolize hope and a belief in the innate worth of man. Our present-day interpretations of the cross are backed with wood or hardboard and trimmed with tape cord and braid. Top left and right: Jerusalem cross, gold-corded Four Fusils cross. Lower left and center: tape-trimmed Medieval crosses. Far right: braid-covered Celtic cross. Bottom: circular Maltese cross.



Focal point of the festive season—the pungent fir and its ornaments. Above: Updated Polish egg tree features overscale plastic eggs (the kind stockings come in) covered with acrylic paint, cord, braid, and junk jewelry. Flower-holding real egg, left, is mounted on a glass goblet stem. Another real one, right, is housed in a dainty gazebo.

Left: Recycled hangings are made from tops of plastic bottles. Ends are fitted together, glued, painted in rainbow hues. Below: For a Southwest look, ornament your tree with suede bits, glued and fringed. These handsome leather trappings can be assembled in a trice. Right: Quaint crocheted pouches in star and circle shapes hold tiny welcome gifts; guests can take them away complete.







The glow o Christma



What better way to display those beautiful, chunky Christmas can than with these imaginative holde you create with your own hands? I left to right: Tooling aluminum, embo and set with mirrors; glass bowls glued together and filled with tiny balls; caniste covered with foil and tape; painted nuts a bolts; mirrored squares on a wood block; tin cans, cut, twisted, and glued together; boxes a cylinders covered with foil and tape; three plas foam balls glued together and painted with center of top ball hollowed out; square cylinder box covered with foil, trimmed with wood bloc and topped with a saucer.



sher in Yuletide cheer with any one of these five charming table and wall decorations. Beguiling Dickens carolers, below, started out as ordinary plastic bottles. Singers have plastic ball heads and wear scarves, bonnets, and



caps made of fabric scraps. Top left: Abstract Wise Men are created from wood turnings and finials. Metal curtain brackets attached to bodies serve as tapers. Top right: Paper cores become work-of-art Wise Men and tree. Lower left: Eye-catching table tree is made from star-shaped pieces of hardware cloth threaded on a dowel and dripped with wax. Lower right: For a distinctive wall tree, place a reversed trellis filled with artificial fruit on a plastic wastebasket.

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A child's vision



Why not make the Christmas story come alive for your child with this very special marionette theater? Designer Nancy Becker created the stage and scenery, and the cast of easy-to-make-and-manipulate string puppets. All the cloth figures are made from one pattern. Special cuphooks on a rod at rear allow some characters to go on stage while action takes place elsewhere. The cast also includes an angel (not shown). On page 26 there's a special play about an absentminded Wise Man and his camel to inspire your young producer.





Ageless gifts to stitch

A pair of commodious carryalls and a knapsack/handbag carry your warmest Christmas greetings. Floral shopping bag features a splashy felt design sewed in place with French knots. The dashing geometric designs on the gift-toting bag are machine appliquéd. You can make the knapsack-purse from scratch or apply the mosaic-stitched canvas to a ready-made knapsack.

Top right: Grandma-hug-me quilt is patchwork topped with pillow head and soft fabric legs. Tots can wrap themselves in love even when Grandmother is far away.

Middle: Trifles to enchant teen-agers include a pennant pillow with "Charge" for a boy's room, felt-framed letters proclaiming "Happiness is friends like you," and a needlepoint "Smile" mirror.

Lower left: Who could resist cuddling these velvet dolls? Mrs. Santa and mother and child are made from triangular patterns trimmed with lace, braid, and a bit of embroidery.

Lower right: It's a toss-up whether the kids or the adults get these sophisticated beastie pillows. There's a demure embroidered unicorn, appliquéd Capricorn, and dreadful dragon.

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Our gift to you...

Mark off those busy days preceding Christmas with this Advent calendar ready to cut and mount. Snip out the rectangular pieces from both pages. Measure one piece of cardboard





Design by John Stith



to fit both sides and glue the two pieces to cardboard. Then punch out holes at top and hang on a wall or door. Small pictures on both pages can be glued on day by day and used as helpful reminders such as: scissors, "Time to wrap gifts"; bell, "Call an old friend"; glasses, "Read a Christmas story"; lantern "Go caroling." Start collecting small memory-jogging pictures to use on the calendar next year.



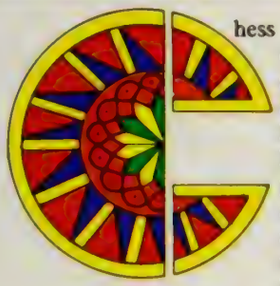












hess and checkers . . . a cheerful decoration on the door. . . a surprise centerpiece. They all spell out "welcome" to homebound wanderers. Top left: A crackling fire, a handy plate of gingerbread cookies, and a cushion checkerboard add up to the good life. For the bigger-than-life cushion board, you glue felt squares over vinyl. Game pieces are made like little flat pillows from felt. Side cushions are perfect perches.

Lower left: Impressive drummer boy (he's four feet tall) guards the threshold. He's assembled from rug and mailing tubes, uniformed in vinyl, and obligingly comes apart for storage later on. Lower right: Frolicking gingerbread girls and boys are made with papier-mâché. Above left: Fly Christmas flags by the door to announce the eggnog's on! Ours are decorated with snowflake patterns of Mylar.

Above right: Throw a North Pole party for the kids. The igloo is made of sugar cubes, the saucy penguins and squat trees of felt. Below left: Handsome wood plaques are for Dad to cobble in the workshop. Floral designs are made with self-stick labels, messages from ready-made self-stick letters. Below right: Trick out your holiday table with these thrifty and trendy table decorations made with plastic meat trays.







Trimmings for that very special tree

Cover a whole tree with any one of these designs—or add to an assorted collection year after year. Far left and right, musical instruments made with small scraps of padded and embroidered fabric. (Musical instruments are easy outlines to copy.) Kites, center and right, can be run up by the dozens on your sewing machine and finished with satin-stitch edging. To make the glittering metallic tree and Santa, wrap ordinary kitchen foil over cardboard, then incise the design and paint with glass stain. White wool angel, top right, is one of the most beautiful and original designs we've seen for many a year. The body is formed by winding knitting yarn over paper rectangles and then stitching through the center. Make a multitude of them and let them float from bare branches.













Under-the-tree treasures

Here are gifts guaranteed to make a child's eyes sparkle on Christmas morning. (And parents will feel a glow of pride in these creations!) Top left: As every little girl knows, dolls can be finicky. They require special beds for their heads. Here's an assortment to please the most fussersnickety. Brass bed, double-decker bed, pioneer rocker bed, and cradle are made with dowels, wood beads, scraps of wood, heavy cord, and a basket. Center left: The members of this mod doll family have soft stuffed bodies and arms, and wooden legs, feet, and heads. Center right. A handcrafted ticktack-toe set is sure to be a family favorite. Lower left and right: Authentic copies of Early American action toys will intrigue today's youngsters. The woodpecker runs up and down, and the dancing man cavorts. Top right: The red barn is a wonderful way for kids to experience the fun of a farm. Make it complete with hayloft, straw scarecrows, and cows in their stalls. Right center: Straight from the wilderness, a rustic log cabin that's a cinch for Dad or Mom to put together. Rough-timbered look comes from a combination of dowels and buckle. Lower right: For the pet set, three striking carry-cases. All you do is trick out regulation traveling cases with self-stick adhesive coverings.

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Enchanted storybook characters—Goldilocks and one lucky bear—have come to tea. It's a big event—Goldilocks measures almost four feet long, and the bear over two feet. Patterns are simplified so these toys can be ready when present-opening time comes.

Top right: Jonah and his whale can be used to store pajamas, as a toy, or as a lean-against pillow. The whale's big zippered mouth holds a school of sprightly fishes, too. They're all made of easy-to-launder terry. Jonah's robe and face are embroidered.

Lower right: Permanent packages brighten the base of a tree. To make them, cover ordinary boxes of various sizes with gift wrap, then glue or tape together. Duck, dog in the doghouse, panda, reindeer, and alligator may be reused to hold special birthday gifts.















If you've reached the hand-wringing stage fretting about what to get for a sister, cousin, or aunt, read the next four pages with care. Chances are good you'll find something here to solve your problem. Top left: A dramatic desk set for Dad is made by dipping each piece in a liquid craft product which gives this watered silk look. Center left: Create this splendid collection of holiday finery with kitchen foil and glass stain paint. Lower left: You knit this domino afghan in separate rectangles, then sew or crochet them together. Lower center: The ever-popular poinsettia takes on extra glamour in an eye-catching foil planter. Opposite page, top left: Quaint wall tree with Pennsylvania Dutch motifs is an ideal gift for faraway friends. It accordion-pleats into a compact package. Top center: Cubistic container for an orange tree is a large plastic ball hollowed out and sculptured with a hot iron. Top right: This elegant needlepoint tree for front door or fireplace is stitched from diamond-shaped plastic grids found in knitting shops. Lower left: Give the gal who has everything some boxes to put it in! These charming patchwork-quilt boxes feature wallpaper patches outlined with felt pens. Lower right: Contemporary bud vases are a fast workshop project. Blocks of wood are shaped and drilled to hold test tubes.

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Richly colored velvets and braids turn hobby-shop boxes, top right, into trinket holders fit for a queen. They're great for beginners because any mistake in design can be covered up with braid and ribbon edging. Center: This desk tidy is made to order for the apprentice carpenter who's been longing to get a crack at Dad's workshop. Dad will like the results, too. The organizer is handily divided into three sections for paper, envelopes, and pencils. Lower right: A new wrinkle in Christmas stockings! The diamond, boot, and bell are crocheted in brilliantly colored yarns. The stockings will hold a lot of Christmas largess. If you tire of them by the fireplace, add a lining and a zipper and you'll have a handy handbag. Lower left: Cheer up the cook with a special chef's tree. Cut the outline from plywood, then paint and decorate with miniature utensils from the variety store. (Finger-licking junior gourmets can lend a hand in the decoration.)















bove: To fashion a frosty ntainer for a Norfolk pine, ver a pot with foil and corate with halved plastic alls glued together in alternating ws. Center: Sleek stairstep ndelabra looks like a piece of stly modern art. Actually it's eated from ordinary wrenches d a block of wood. Wrenches e threaded through a dowel serted in the wood block. Far ght: People with a penchant r Early American will preciate containers to suit eir decor. A scoop adorned ith a tole-like design becomes colorful planter for a schefflera. hat somebody special on your st will get a glow from a food ft you've made and wrapped p in holiday tradition. Choose n inexpensive cutting board, lass jar, bread basket, or hatever, then fill it with a ariety of good eating.

Start with **Nut and Cherry rittle** in a plastic bag. **hocolate Divinity,** a sweet-ooth classic, nestles in tiny read baskets. Tasty preserves— **pple Orange Marmalade, ran-Pineapple Jelly,** and **innamon Apple Jelly**—are ressed up for gift-giving in tall askets. **Homemade Marzipan,** Christmas tradition, is a great iveaway when packed in an gg carton pull-toy. A green urlap and red fringe "evergreen" overs a coffee can stand filled ith **Toffee Drop Cookies.** end a tall see-through jar of **esame Seed Toffee.** Small utting boards, when gift-rapped around **Cookie Press .lmond Spritz,** are a welcome reat for a neighbor. (Craft and ecipes begin on page 105)
















CAT
ADO
PEG


JOY
MERRY CHRISTMAS













If the allowance is dwindling, but you've still got important presents to provide, try making one or all of these thrifty gifts for your folks and friends.
1. Wrap the handle of a whisk broom with wool and attach a curtain ring. **2.** Use your best finger paintings for gift wrap. **3.** Make a "holly" corsage for Teacher from plastic cups and pipe cleaners. **4.** Collect canning jar lids to frame your brothers' and sisters' snapshots. **5.** Turn pickle jars and goblets into tiny terrariums. Cover them with plastic glasses. **6.** Make table trees with braid, spools, wood pieces, and tiny angels. **7.** Glue letter blocks to five-and-dime-store bookends. **8.** Surprise the whole family with this super door or wall decoration made with wood blocks and Christmas cards. **9.** Design a dandy paperweight for Dad from a block of wood and a boat propeller. (Propeller cost under $5). **10.** Not one thin dime? Scrounge box lids and paper cores to make these stands Mom will adore them. (P.S. Borrow paint and glue!) **11.** Deluxe shaving mirror and cuff link box will please big brothers.
12. Dress up pomander balls with felt trims. It's a nice way to treat any relative's closet.
13. Sew these cowboy covers for inexpensive jars of hard candy.
14. Cover tin cups with vinyl paper so they double as coasters.

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50 Years of Great Christmas Recipes

For half a century, since 1922, Better Homes and Gardens has tried to make Christmas very special for America's families. It's likely that some of our recipes, table-setting ideas, and crafts and ornaments have become family traditions in your home during those 50 years. This Christmas, we're pausing to review some of the best Christmas recipes we've published in each of the five "Better Homes and Gardens decades." You'll probably recognize some of Mom's and Grandma's favorite holiday dishes. Why not fix them for your family this year? You'll discover that these "golden oldies" still go over great. As you leaf through our Christmas chronology, you'll see how war and peace, the state of the economy, and breakthroughs in food processing and packaging have all worked changes on the family's celebration of Christmas. Our forebear's multi-course feast has evolved into today's more casual and less time-consuming repast—and the formal party of yesterday has given way to today's relaxed open house, or buffet, or serve-yourself smorgasbord. But good food—like Christmas itself—is a constant.

Now, return with us to some memorable Christmases past.



The Twenties

By Doris Eby, Food Editor
and Joan McCloskey, Associate

Our holiday dinner advice in the '20s was "to serve traditional Christmas foods, yet to so plan the menu that the family may be comfortably rather than distressingly full, and so that the mother may find time to participate in the Christmas fun and frolic." That's not a bad idea even in 1972!

The hostess of the '20s liked to set a formal Christmas table. Gleaming silver, a poinsettia centerpiece surrounded by four tall candlesticks, and a damask cloth were "in."

Chances are good the feast started off with **Oyster Stew,** a Christmas tradition. The stew may have been served with **Cheese Wafers,** golden rounds of rich pastry and shredded cheese. **Roast Goose with Fruit Stuffing** took top billing in the '20s, just as it often does today. Turkey, which wasn't as plump and full-breasted in the '20s, ranked second. Preparation of the bird and a two-temperature method of roasting would discourage the most ambitious of today's homemakers. Improved methods of breeding poultry made turkey popular by the '30s. We've garnished the juicy goose with **Cinnamon Apples** made with red cinnamon candies and filled with cream cheese and walnuts. The platter is brightened with kumquat posies, too. Even though the homemaker of the '20s had to soak the gelatin for **Perfection Salads,** they could be made ahead and stored in the "ice box." Shredded cabbage, celery, and poinsettia-red pimientos added to the individual molds made each place setting colorful. **Stuffed Baked Potatoes** aren't as new as you think. We featured them in 1925 when we folded peas into the mashed potato mixture for more color and flavor.

Even after a "comfortably full" dinner, dessert was a must. Usually more than one dessert was offered in addition to hard candies.

Homemade Mincemeat Pie was well worth saving a corner for, because it really had meat in it. And along with lean beef, the filling contained apples, raisins, brown sugar, citrus juices, and many spices. A twisted lattice-top crust decorates this fulsome Christmas pie. Our recipe makes eight quarts of mincemeat that you can keep for cookies and tarts as well as pies.

American Plum Pudding with Foamy Sauce might have been the second holiday treat. Steam the suet pudding in a pretty, straight-sided mold so you can drizzle the sauce down the sides.

Recipes begin on page 97



The Thirties

During the depression years, entertaining were cut to the bare bones. Families "made do" with what they had as many of the homemakers' friends did as they could afford to. Only toward the end of the '30s did homes begin to shine—literally, with foil wallpapers, glass-topped tables, chrome table accessories, dishes that glistened, and silver serving platters. Geometric patterns in table linen and monograms on silverware were all the rage, while in the kitchen, an electric mixer was a cook's dream gift. It is from these "shining" years that we've chosen our best recipes. In the '30s, buffets challenged the popularity of the sit-down dinner. Guests and family might have started with **Tomato Bouillon Soup** and **Cheese Balls,** prepared with new packaged biscuit mix, one of the first convenience foods to arrive on market shelves.

Turkey with Giblet Stuffing made for easy buffet service. To complement the main dish, you might serve **Acorn Squash Wedges with Creamed Onions, Scalloped Oysters,** buttered string beans, spiced apricots, and **Christmas Rose Salads,** peeled tomatoes covered with cream cheese petals.

Recipes begin on page 97









The Forties

This was a decade of extremes. During the war, patriotism became a cause, not a concept. Women joined the work force; production shifted into high gear; War bonds and victory gardens were a way of life. Food rationing was a reality even at holiday time. Christmas recipes stressed low-sugar, low-fat, and easy-mailing treats. When the war was over, industry was rechanneled to meet the peacetime demands. New-fangled chocolate chips, box cake mixes, and a selection of frozen foods were all the rage.

With sugar rationing ended, production of holiday cookies and candy boomed. Neighbors or carolers in the late '40s may have been offered **Molasses Taffy** (clockwise from bottom left), **Almond Cookies, Red Lollipops, Popcorn Balls, Candied Orange Peel, Gingerbread Men, Spritz,** and **Orange Fondant** in stuffed dates.

Salads tended to be sweet and lavishly garnished. **Della Robbia Wreath Salad** features a variety of chilled canned fruits piped together with cream cheese.

Imagine the rejoicing that first Christmas after our GIs returned home. And what better way to express that joy than with an outpouring of good things to eat? **Cinnamon Whirl** (clockwise from bottom left), sliced thick, was a welcome treat with coffee on Christmas morning. The icicle drizzle of frosting makes it festive. **Bubble Wreath Bread,** is as delicious at it is decorative. Small balls of rich dough are dipped in melted butter, rolled in cinnamon sugar, and sprinkled with nuts.

Many reunited families celebrated with our **Swedish Tea Wreath,** a round bread oozing with candied fruits, frosted with powdered sugar icing, and decked with almonds and cherries.

Scandinavian-inspired **Sugar Plum Loaf,** a cardamom-spiced loaf, reflected the foreign influence carried home after the war.

Recipes begin on page 97





The Forties

Catering to the growing interest in foreign foods, we published our first smorgasbord in 1948. Why don't you try one this year? For a first course, fill a lazy Susan with delicacies purchased from a Swedish food shop and your own **Stuffed Eggs.** Holiday-inspired **Red and White Salad** crowns the platter. Continue the ethnic theme with **Parslied Potato Salad, Brown Beans,** and **Swedish Meatballs.** The major attraction of this yuletide meal is an **Orange-glazed Ham** with **Jellied Cider Molds. Coconut Tarts** with lingonberry sauce complete this spectacular smorgasbord.

Recipes begin on page 99



The Fifties

As the price of television dropped within reach of more and more families, snacks, dips, and dunks arrived for nibbling in front of the TV. The homemaker of the '50s may have presented a snack table array of the following appetizers (clockwise from bottom left): **Fancy Franks,** reflecting the chafing dish craze, feature cocktail franks and pineapple chunks. A holiday posy of green pepper and curled pimiento strips garnishes **Glazed Sausage Bites.** Sour cream and sage enhance **Stuffed Edam** or gouda cheese. Serve these three favorite chip and vegetable dips before a crackling fire: **Crab-Cheese Special, Creamy Braunschweiger Dip,** and **Anchovy-Olive Dip. Bridge Scramble** is always a favorite nibble. To welcome drop-in guests, offer **Swedish Pickled Shrimp,** with a tantalizing flavor that comes from mixed pickling spices, celery seed, and bay leaves. And no one can resist **Liptauer Cheese Dunk** with unsalted crackers. A yule-log-shaped **Chill Cheese Log** yields perfect-size slices for round crackers. Our Christmas philosophy then still holds today: "Hospitality from the first greeting at the door to the last carol after coffee."

Make-ahead convenience was stressed in recipes such as triple-layered **Fruited Holiday Wreath** and **Cranberry Whipped Cream Salad** garnished with grapes and cranberries. **Cherry Blossom Muffins,** using biscuit mix, make a merry accompaniment.

Recipes on page 99







The Fifties

The Korean conflict, Davy Crockett coonskin caps, and rock 'n' roll headlined the frenetic '50s. It was also the era of convenience foods, when it became less time consuming and more fun to prepare traditional family favorites. These holiday treats (left to right) richly deserve repeating. **Crystal Cut Candies** make beautiful gifts in tall glass jars. **Remarkable Fudge** is a melt-in-your-mouth blend of three convenience foods. **Penuche** is a favorite of butterscotch lovers. Chocolate partisans choose **Kris Kringles, Toffee Butter Crunch, Rocky Road,** and coconut-covered **Snowballs.** Fruitcakes vary from easy **No-bake Fruitcake** to painstaking **Very Best Fruitcake,** and our **Nesselrode Upside-down Cake** calls for only four ingredients.

Recipes begin on page 100



The Sixties



Casual entertaining "dropped in" with the '60s, and the open house met the needs of America's changing life-style. Guests arrived when they pleased, and chose what they pleased from a tempting array of refreshments. Whether you entertain your neighbors at an open house, host a family reunion during the holidays, or invite the office staff to your home for the annual Christmas party, this well-laden table should make you hostess of the season. You can easily make all of these appetizers the day before the party.

For the **Appetizer Pie** (top left), begin with an unsliced loaf of round rye bread. Spread with cheese filling and decorate with notched cucumber slices, red caviar, chopped egg white, and sieved egg yolk.

Choose an assortment of **Jigsaw Sandwiches** (bottom left): Ham and Cheese Checkerboards, Tuna Pinwheels, Egg Salad Crescents, Watercress Pinwheels, Christmas Mosaic Canapes, and Shrimp-Cucumber Salad Rounds. Use small cutters to make the cranberry stars and trees, and holiday bell sandwiches. **Marinated Hearts of Palm Relish** and **Pickled Artichokes and Mushrooms** (center) complement the sandwiches.

Frosted Ribbon Loaf (bottom right) sports a triple filling of ham salad, sliced tomatoes, and egg salad in an unsliced loaf you cover with softened cream cheese and chives.

The nucleus of an open house in the '60s—and certainly today—is a crowd-gathering punch bowl. It frees the host from bartending and cuts down on the cost of entertaining. No Christmas get-together would be complete without **Eggnog.** Flavor it with bourbon or rum, depending on the consensus of your friends. Orange and lime slices float atop **Pineapple Sparkle,** a punch that ladles out 75 servings. Young or old, your guests will enjoy muddling sherbet scoops in **Lime Frosted.** And what could look more Christmasy than a **Rosy Wassail Bowl,** crowned with a floating ice ring of fresh cranberry and holly?

Recipes begin on page 101







The Sixties

These sweet Christmas breads and cakes are edible evidence of a growing interest in gourmet and scratch baking. As Americans in the '60s began to travel more extensively and eat out more often, interest in foreign foods skyrocketed along with our space program. Television cooking shows became as popular as soap operas and westerns, and department stores devoted floor space to gourmet cooking utensils and equipment.

Buche de Noel (bottom left), a luscious chocolate filled and frosted log, is typical of Christmas in France. **Royal Plum Pudding** (top left) made with convenience foods here, is reminiscent of the classic English plum pudding we saw in the '20s. **Christmas Kringle** with a sweet raisin or pecan filling (center) had its beginning in Denmark. **Dublin Fruitcake** (top right) begins with a fruitcake made ahead and mellowed. Its origin is evidenced by the green gumdrops set atop. You don't have to be of Scandinavian descent to enjoy cardamom-flavored **Lucia Braid** (bottom right).

Recipes begin on page 102

50 food tips to help you make it through the Holidays

PLAN NOW, SAVE TIME LATER

1. Write down menus for the important meals in your holiday schedule. You'll save time later on when making grocery lists, and you'll know just what linens and serving equipment will be needed.

2. Want to entertain a large group but you don't have the funds or energy for a lavish open house or cocktail party? Try a sledding, skating, or other outdoor party calling for casual food that's easier on the budget.

3. Count on plug-in servants—electric casseroles, saucepans, skillets, roll warmers, warming trays—to help you serve.

4. If a buffet is in your plans, make a map of food placement on the table and have a dry run with empty serving plates to be certain that everything fits.

5. Plan on using some convenience foods to lighten the cooking burden (and don't apologize!).

6. If you'll be having houseguests for three days or more, plan to treat yourself, and them, to a night of "carry-out" food like chicken or pizza or burgers. The change will be as welcome to them as it is to you.

7. For large-scale entertaining, such as a big dinner party, making a time schedule can ease your mind and help you remember everything.

8. Rent extra seating, glassware, and dinnerware for a very large dinner or party.

9. Do the food marketing before the day of the party to give you time to pick up any ingredients you forgot, and to make some things ahead.

LET MAKE-AHEAD FOODS HELP YOU

10. Bake breads in quantity when you have the time, then wrap in foil to store so there's no need to rewrap for heating.

11. Make fancy butter balls and curls ahead of time; they add a festive touch to your table, and they freeze well when wrapped carefully.

12. Keep a supply of bread crumbs on hand for quick breading of casseroles and vegetables.

13. Molded and frozen salads are good make-ahead candidates for your menus; make the frozen salads in individual containers, then just pick out and use the number you need.

14. Cut up fruits for compotes and salads early in the day; dip in ascorbic acid color keeper or lemon juice to prevent darkening.

15. If cheese is an ingredient you add to many holiday foods, shred enough cheese at once to last a few days.

16. Keep a supply of chopped onion on hand for speedy preparation of salads, casseroles, and vegetables.

17. Make appetizer soups or chowders ahead and freeze.

18. Prepare turkey stuffing in advance; refrigerate separately from the bird and stuff just before roasting. NEVER stuff bird ahead of time.

19. When heating frozen meat mixtures, speed thawing by stirring frequently but be gentle so you don't mash food.

20. Whip cream several days before a party. Mound on waxed-paper-lined baking sheets and freeze firm; transfer to freezer containers or plastic bags and return to freezer. Let stand 20 minutes before serving.

21. For desserts, keep on hand a supply of toasted nuts and coconut, chopped nuts, and tinted coconut.

22. Have sandwiches ready in the freezer for quick lunches or late-evening snacks.

KNOW HOW TO STORE FOOD THAT YOU MAKE

23. Check charts of refrigerator and freezer storage times; label items with preparation date to assure best quality.

24. Have moisture-vaporproof packing materials on hand for freezer storage; eliminate as much air as possible when packing.

25. Separate soft cookies from crisp ones. Store soft cookies in tightly closed containers, crisp cookies in containers with loose lids.

26. Wrap fruitcakes in cloths dipped in brandy or fruit juice to keep them from drying out. Metal containers are good for fruitcakes.

SET A FESTIVE TABLE

27. Use place cards for dinners of more than six persons to eliminate musical chairs at seating time.

28. Don't think you can't ask a crowd to dinner just because you don't have enough matching dinnerware. Mixing patterns can make an interesting and festive table setting.

29. Colorful permanent press sheets make handy tablecloths that require very little care.

30. Candles arranged in the center of the table make an elegant yet easy centerpiece; put them atop a mirror for a stunning effect but keep candles out of children's reach.

31. Instead of making an elaborate floral arrangement for your centerpieces, float flowers in clear containers, perhaps with colored water.

32. If you have several company dinners in a row, such as with weekend houseguests, don't hesitate to use more casual tablecloths that need no ironing, such as terry cloth.

33. Arrange one basic centerpiece on the dinner table with holiday greens. Change the decorations on the greens to match the different place mats used—red ornamental balls one time, ribbons or candy canes the next, and so on.

34. Put the children to work folding brightly colored napkins to stand up in vases or glasses if you don't have time to make a fancy centerpiece.

35. Borrow a few small wrapped packages from under the tree for the table's center. You might even want to keep a supply of wrapped empty boxes for this purpose every year.

MAKE THE BIG MEAL EASIER

36. If friends or relatives offer to help, by all means let them. Children can tote coats to the bedrooms, and Aunt May can toss the salad or help set the table.

37. Consider cooking turkey outside if you have a gas or electric grill or a barbecue with a smoke hood; you'll have lots of oven space left for rolls, vegetables, and stuffing.

38. Sharpen knives ahead of time to make carving easy.

39. A pair of poultry shears can simplify carving, too; it makes a good gift for your chief carver.

40. If you're serving ham, have it pre-sliced and reassembled—it needs no carving, so it's ideal for a buf

41. A serve-yourself beverag salad, or dessert bar can help keep everybody happy at the dinner table.

THINK "FOOD" FOR GIF

42. Make a collection of you favorite recipes, package in an attractive binder, and give to someone you love.

43. Give jams and jellies that you made during the summe when fruits were at their flav peak or make a quick batch that isn't processed (but add note to the gift box warning t the jam needs refrigeration).

44. Choose moist quick brea for gifts you mail; save the yeast breads to tote across town, since yeast breads lose their freshness faster.

45. Popcorn balls are an easy gift for a faraway child; tie each ball in clear plastic wra with jingle bells on the ribbo

46. Give a candy dish filled with homemade candies; cere candy, mints, and fruit balls are good choices. Candy that melts at room temperature is meant for gifting.

47. For mailing, choose mois cookies like fruit-filled chews thick squares, or bar cookies rather than thin sugar cookie or spritz. Wrap each cookie separately or else in pairs, back to back, if you're mailin them far.

48. Popcorn makes a good packing buffer; use at least two inches of it on all sides of package between gift and outside box.

49. To make sure the gift wil arrive before Christmas, kno the deadlines for mailing overseas that the post office sets up.

LAST BUT NOT . . .

50. When this year's holiday is over, sit down and make notes for next year—shortcu ideas you tried that worked out, as well as the pitfalls you'd like to avoid next time. Add a list of your menus; yo be suprised at the head start this will give you next year.

Some memories give you a nice warm feeling inside.



Campbell's Tomato Soup

Remember when you were little how you used to warm up to a steaming bowl of Campbell's Tomato Soup? Remember that sunny tomato flavor that reminded you of summer in the middle of winter? Remember that little warm glow you got from every spoonful? Remember how you always used to want a second bowl? Share a memory with your family today: serve 'em the soup that *you* grew up with. Campbell's Tomato Soup: Without it, would the good old days have been nearly so good? **M'm! M'm! Good!**

Almost everybody has grown up with Campbell's. Didn't you?

Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 147 for this shopping information.



The bunch at Chiquita® has a Christmas present for you.

Get $1.00 off on produce when you buy Chiquita bananas.



Here's how it works: you'll find special Refund Offer seals on a selection of fresh fruits and vegetables at your grocer's. Send us at least 2 blue Chiquita Banana seals and enough green Refund Offer seals to make a total of five. We'll send you back a certificate good for $1.00 off on additional produce purchases. (Send up to 5 Chiquita seals, if you prefer).

Clip the coupon now and save money for Christmas.

Chiquita. The best of the bunch.

To: Chiquita Christmas Offer
P.O. Box 4218B, Clinton, Iowa 52732

Name _____

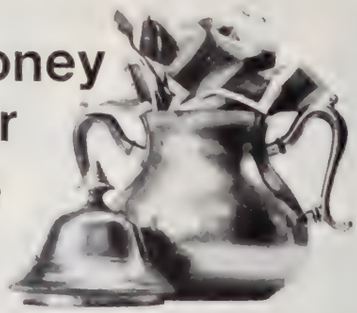
Address _____

City _____ State _____ Zip _____

Offer expires January 31, 1973. Limit one refund per family.

® Chiquita is a registered trademark of United Brands Company.

Win money for your recipes



HAMBURGERS FROM THE GRILL REFRIGERATOR PIES

Do you make "Hamburgers from the Grill" a special occasi in your backyard? Do you serve a "Refrigerator Pie" that ch a summer heat wave? Send us your favorite recipe for either both categories. You could be a winner next July. Two Cook of-the-Month receive $50 each, four Runners-up receive $ each and 12 Honor Roll winners get $10 each. Selected winni recipes will be pictured on the Prize Tested Recipes pages n July. All 18 winners receive a framed Better Homes and Gard Certificate of Endorsement and six copies of the endorsed reci

HINTS TO HELP YOU

Hamburgers from the grill can include barbecue sauces, smoking techniques, or your own imaginative additions to the meat itself. Maybe you hide a cheese mixture inside a meat patty or wrap the meat around a pickle. Do you have an unbeatable basting sauce? Suggestions:

barbecued mozzarella burgers
vegetable meatball kabobs
mushroom pizzaburgers
ham-herb hamburgers
smoky rarebit chiliburgers

Refrigerator Pies are natur when the heat is on. But wh makes your pie different? you use an unusual fruit com gelatin, or convenience dess product? Do you have a spec secret for making airy chiffo Don't forget your best puddi or cheesecake filling. Hints:

double-decker chiffon pie
easy raspberry tarts
pecan fluff pie
candy-bar creme pie
fluffy lime parfait pie

THIS MONTH'S WINNERS

(See recipes on pages 117 and 118.)

Cooks-of-the-Month

Mrs. Robert H. Finkel, Philadelphia, Pa.
Miss Val Jean Frederickson, Sioux City, Iowa

Runners-up

Mrs. W. L. Estlow, Albert Lea, Minn.
Mrs. Doris Rairdan, Ellensburg, Wash.
Mrs. Bruce Rygg, Santa Monica, Calif.
Mrs. Dennis Towle, Miraleste, Calif.

Honor Roll

Mrs. G. H. Atwood, Oklahoma City, Okla.
Mrs. Forrest Barnes, Sacramento, Calif.
Marilynn Neiman Bright, Highland Park, Ill.
Mrs. Olive Carver, Arvada, Colo.
Mrs. Claude F. Curtis, Jr., El Paso, Tex.
Mrs. Steve Flaherty, Lincoln, Nebr.
Mrs. Corrine Peak, Avon, Ohio
Miss Barbara Schreier, Bethlehem, Pa.
Mrs. Edward Sieckmann, Florissant, Mo.
Mrs. Lon Speck, Omaha, Nebr.
Mrs. Ray Terry, Hunter, Utah
Mrs. E. E. Tomatz, Eveleth, Minn.

CONTEST RULES

1. Write or type your recipe clearly on one side of the paper and ma it "July Hamburgers from the Grill" or "July Refrigerator Pie If you wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of pap
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you u as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you subm
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, December 31. In cas where duplicate recipes are submitted, the one with the earli postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7212 Test Kitchen, Better Hom and Gardens, Des Moines, Iowa 50336.

Surprise! Easy candy from a frosting mix.



With one package of *Betty Crocker*® creamy frosting mix (any flavor) and one simple recipe, you can make decorative peanut clusters, dreamy old-fashioned fudge or rich delicate wafers. It's delicious easy-mix homemade candy, perfect for the holiday season or anytime. Happy holidays from Betty Crocker.

Easy-mix candy from Betty Crocker.

- 2 tablespoons butter or margarine
- 1/4 cup milk (plus 2 teaspoons if making with chocolate fudge frosting mix)
- 1 package *Betty Crocker* creamy frosting mix (chocolate fudge, milk chocolate, lemon, orange, creamy cherry, creamy white* or any of the other delicious flavors**)

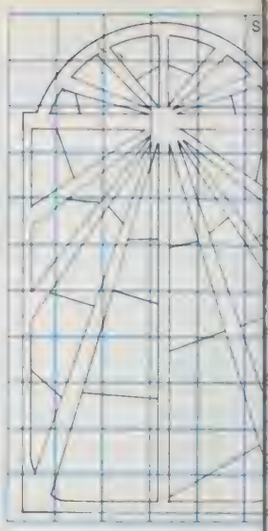
Heat butter in milk over low heat until butter melts and mixture *just* begins to simmer. Remove from heat; stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber scraper, until smooth and glossy, 1 to 2 minutes. *Do not overcook*
Makes 1 pound
SQUARES – Stir in ½ cup chopped nuts if desired. Pour into aluminum foil-lined loaf pan, 9x5x3 inches.
WAFERS – Drop by teaspoonfuls onto waxed paper. If necessary, reheat mixture slightly.
CLUSTERS – Stir in 1½ cups salted peanuts or other nuts. Drop by teaspoonfuls onto waxed paper.

*Tint and flavor if desired.
**If using golden caramel frosting mix, reduce milk to 3 tablespoons.

Look for additional candy recipes inside specially marked packages.

Cathedral Window and Choir-Boys *page 44:* Following pattern, draw window and rays on a 12x12-inch foam-centered mounting board. Cut out areas indicated. Cut strips of colored tissue paper and glue to back of mounting board with white glue. Cover all openings.

Purchase torso-shaped salt and pepper shakers. Paint faces on table tennis balls with tempera; glue to shakers. Glue construction paper arms and song-books in place.



Introducing Big John's rib-stickin' Chili 'n Beef along with some of the philosophy he put into it.



"Beef is one thing. Beans are something else."

So Big John keeps them separate. That way everything keeps its own distinctive flavor and texture.

"Chili ought to taste like you just cooked it. Not like you just opened it."

There's no way to get home-made tasting chili out of a can. The different tastes and textures all kind of run in together. But with two cans, well, that's a different story.



Big John has a way with growing things. Like trees. And kids.



If you'd like to get Big John to have a tree planted in cooperation with the U.S. Forest Service, pick up his Beans 'n Fixin's. The details are on the outside. Rib-stickin' eatin' on the inside.



"True home-made taste doesn't come in a can. It comes in two."

The top can has big, hefty chunks of beef simmered in onions and spices. In the bottom can there's plump chili beans in a zesty tomato sauce with chili spices. Just mix, heat and serve up for a real rib-stickin' meal.

Felt Village *page 44:* Ma
own pattern or use the or
site. It requires ¼ yard tu
cerise, and violet felt and
blue felt; cerise, turquoise,
sock yarn, Mylar from cr
or aluminum baking tin, th
board, one 4-inch and on
plastic foam ball, shiny d
from cosmetic bottles, 1
narrow decorative edging a
board containers. *Mosque*
gallon milk carton. Cut t
felt as indicated by pattern
appliqué cutouts onto app
colors felt and onto My
out. Glue all pieces ont
piece and let dry.

Cut top off milk carto
carton out and dry. Turn
down. Glue 7-inch blue fel
to top of carton, gluing ed
sides. Clip excess fabric at

Work French knots wi
through appliqués, follow
tern. When complete, t
along dotted line.

Glue felt to carton one
time. Trim excess from bo

Cut 5-inch foam ball in h
and decorate four of dom
following pattern. Pin and
dome with edges touching.
edging to cover seams. C
glue bottom edge underneat
Glue dome to top of mosq

Cut two minaret coveri
lowing pattern. Position a
and make French knots f
pattern. Glue to paper tow
ers. Trim edges. Glue o
tops and glue minarets to
corners.

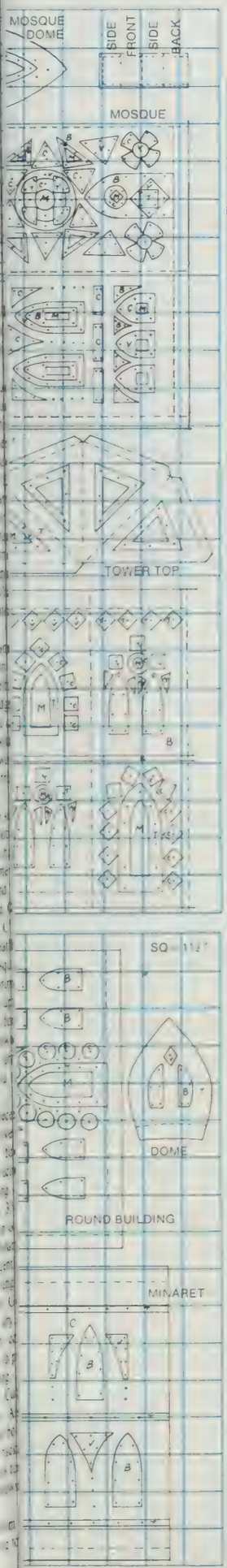
Tower: Cut blue felt piec
12¾ inches. Assemble towe
tower pattern and f
mosque directions for trac
ting, gluing, and making
knots. Find or make a 3
11¼-inch box. Make top
from lightweight cardboa
lowing pattern. Score gen
knife along sides of triang
bend to form pyramid. C
gether at underlap and dry

Make turquoise top c
following pattern. Glue to
and to top of building.

Building: Use salt box. Cu
felt, following pattern. A
as above and glue to salt bo
two rows of edging to bac
ing seam. Cut four pieces f
top and complete, follow
tern.

Cut ¾-inch slice from
foam ball. Glue covering t

top of building (use white foam). Select beads or cosottle tops to place on tops ings. Beads may be pinned es with long pins. Glue to p.



Crosses *page 45:* General directions. Cut crosses with art knife from hardboard, plywood, or balsa, or, with the exception of the Cross of Four Fusils, cut from heavy mat board and use pins and thumbtacks in place of nails. For intricate outlines, use hand or electric scroll saw.

Polish cut forms with fine sandpaper and seal with sealing medium. Smooth edges of cardboard and balsa with emery board. Finish with washes of brown or black acrylic paint. Top row, left to right. *Jerusalem Cross:* Cut top layer of cross as indicated by heavy outline in pattern. Cut square for second layer as shown in small diagram. Divide square into 4 equal parts so crosses can be cut out separately. Sand, seal, and paint all parts flat black. To assemble, place large cross face down on pattern. Arrange second layer on top of it, face down, and mark areas

Continued

PEPPERIDGE FARM



Remember arguing with your little brother about what kind of pie Mom should make? Pepperidge Farm remembers, and makes peace with individual Pie Tarts.

We have a tasty answer to settle the argument: our personal Pie Tarts. Each is a delicious piece of pie, richly filled in a squared-off, flaky crust. You buy them frozen, bake about 15 minutes at home. Try any of our delicious varieties tonight: Apple, Blueberry, Lemon, Coconut Creme, Chocolate or Cherry.

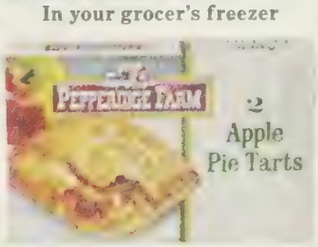


11¢ PEPPERIDGE FARM® 11¢

Save 11¢ on any 3 packages of Pie Tarts

MR GROCER When all terms of this offer have been fulfilled by thee, customer and you, the Cosy, will be reimbursed for face value plus 3¢ for handling. Mail coupon to: Coupon Redemption Program, P.O. Box 1000, Elm City, N.C. 27822. FRAUD CLAUSE: Any other application constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Failure to do so may, at our option, void all coupons submitted for redemption for which no proof of product purchased is shown. Subject to state and local regulations. Void if taxed, restricted or forbidden by law or if presented by outside agencies, such as brokers or others who are not retail distributors of our merchandise. Cash value 1/20¢. Pepperidge Farm, Incorporated, Norwalk, Conn. 06852. Offer expires December 31, 1974.

In your grocer's freezer



STORE COUPON

886/3128F



What's wrong with this pineapple?

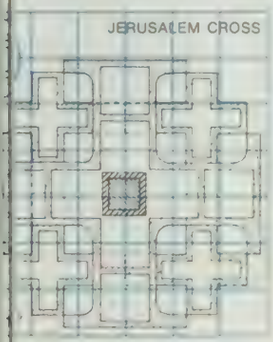
Nothing. Absolutely nothing. Its color is perfect, a beautiful yellow. Its juice contains the proper proportion of sugar to fruit acid which makes for the best taste. It's the only kind of fruit we use for Del Monte Pineapple Packed in Its Own Juice.



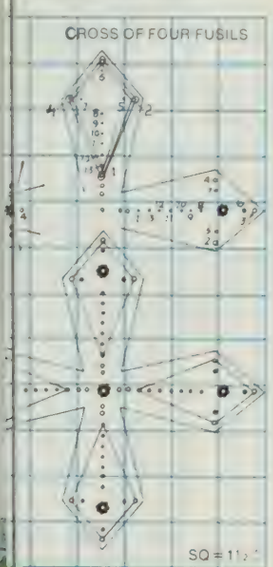
The more you know about pineapple, the better for Del Monte®

stmas
-to *Continued*

ued. Glue small crosses in th contact cement.
patterns for tiles on glazed oster board, cut out, and ges with black acrylic. At- ch to the tops of thread vith double stick tape or ement. To create enameled se narrow strip of poster a spreader to float heavy glass stain on one tile at a mediately spray thin mist ue glossy enamel on top. everal drops of lacquer into wet coating and tilt n side to side until color nto feathery patterns. Place n level surface until coat- y.
ange tiles, coat glazed side board with yellow glass d mist with red enamel. uoise tile and crosses, coat d with turquoise glass d mist with green enamel. cross, coat cardboard with glass stain and mist with nel. Let all dry, then at- form with contact cement.



Four Fusils. Stain pre- oss brown. Tape pattern to lines for black border and dentations for nails. Paint d border black. Hammer stery nails and escutcheon ving pins elevated ⅜ inch. llic gold crochet thread at an arm. Put dot of white knot and clip short.



thread around pins 2, 3, 4, to 1. Repeat, this time from inside pin as shown e double line. Continue in following order: 5, 6, 7, and 8; 5, 6, 7, and 9; 5, 6, 7, and 10; 5, 6, 7, 11; 5, 6, 7, 12; 5, 6, 7, 13; 5, 6, 7, 1.

Move to pin 1 on next arm, repeat and continue around cross. Tie thread at starting point, touch with glue and clip short. In center, tie red crochet thread at pin 1, wind around other pins in following order: 1, 2, 3, 4, 1; 5, 6, 7, 8, 5; 3, 4, 1, 2, 3; 7, 8, 5, 6, 7; 1, 2, 3, 4, 1.

Repeat, then tie thread, touch with glue and clip short.

Medieval Cross, left. Prepare balsa parts of cross and paint black. Before assembling, press aluminum tape lightly onto backing from self-adhering plastic and cut out pointed ovals for ends of arms and a 1¼-inch square for center. Peel backing from aluminum and press onto balsa. Smooth out wrinkles with back of spoon.

Outline aluminum on arms with 1/16-inch red charting tape, then

Continued on page 104

Magic Window Cookies



Have you ever seen anything like them before? They're a new kind of cookie you can eat or use as decorations.

Just follow the easy recipe from Gold Medal® Flour, drop in Super Flavor Life Savers® roll candy and bake. Now the magic begins. The Life Savers melt and turn into colorful candy windows.

Then, hang your Magic Window Cookies from the tree, over the door, and in the window. But be sure to save some to nibble on. Because with the new recipe from Gold Medal, and Life Savers super flavors, the taste is magical, too!

Make it a Gold Medal Holiday. The recipe's in this Gold Medal sack.



® Reg. T.M. of General Mills, Inc. ⓘ Reg. T.M. of Beech-Nut, Inc.

You've always treated your family like company on Christmas.



11 Minutes.
Strawberry-Pineapple Supreme.
1 pkg. Strawberry Creme Soft Swirl beaten 3 minutes with 1-1/2 cups cold milk, 1 env. Dream Whip® Whipped Topping Mix, and 1/3 cup sugar; blended with mixture of one 8-3/4-oz. can crushed pineapple, 1 cup cottage cheese and 2 tbsp. lemon juice; garnish. Serves 6 to 8.



15 Minutes.
Cinnamon-Nut Crear
1 pkg. Strawberry Crème Swirl beaten 3 minutes wi 2/3 cup cold milk and 1 c sour cream; layered with ture of 1/4 cup each sugar and chopped nuts and 1 t cinnamon; garnish. Serve



9 Minutes.
Nesselrode Cup.
Prepared Vanilla Crème Soft Swirl, layered with 1/2 cup nesselrode; garnish. Serves 4.



8 Minutes.
Grasshopper Fling.
1 pkg. Vanilla Crème Soft Swirl beaten 3 min. with 1-1/3 cups cold milk, green food coloring and 1/4 tsp. peppermint extract or 2 tsp. crème de menthe; drizzled with chocolate syrup. Serves 4.



14 Minutes.
Candy Cup Delight.
Prepared Chocolate Crème Soft Swirl with a depression in center filled with mixture of 1 cup prepared Dream Whip® Whipped Topping and 1/4 cup each chopped nuts, chopped candied cherries and miniature marshmallows; garnish. Serves 6 to 8.

Now, with Jell-O® Soft Swirl™ you don't have to wait that long.



GENERAL FOODS KITCHENS

Jell-O and Soft Swirl are trademarks of General Foods Corporation.

50 YEARS OF GREAT

50 YEARS OF GREAT CHRISTMAS RECIPES

Here is a collection of Christmas recipes you'll want to save. Just clip and punch these pages, then slip them into your Cook Book.

OYSTER STEW

- 1 pint fresh oysters
- 1 tablespoon butter or margarine
- ½ cup bias-sliced celery
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- ¾ teaspoon salt
- Dash white pepper
- 2 cups milk
- ½ teaspoon worcestershire sauce

In medium saucepan, combine oysters, their liquor, and the 1 tablespoon butter or margarine. Cook over low heat just till edges of oysters curl. In another saucepan, cook celery in the 2 tablespoons butter till tender. Stir in the flour, salt, and pepper. Add milk all at once; cook and stir till thickened and bubbly. Stir in worcestershire; add to oyster mixture in pan. Heat through. Makes 6 servings.

CHEESE WAFERS

- 1 cup (4 ounces) grated sharp process American cheese
- 1 cup sifted all-purpose flour
- ⅛ teaspoon paprika
- ½ cup butter or margarine

Combine cheese, flour, and paprika. Cut in butter or margarine till like coarse meal. With hands, blend to a smooth dough. On a floured surface, roll to a 10x9-inch rectangle, about ⅛ inch thick. Cut in 2-inch fluted rounds. Bake in 425° oven for 8 to 9 minutes; cool. Makes 40.

ROAST GOOSE WITH FRUIT STUFFING

- 2 large oranges
- 4 cups toasted bread cubes (6 slices bread)
- 1 large apple, pared, cored, and chopped (1 cup)
- ½ cup light raisins
- ½ cup chopped pecans
- 1 teaspoon salt
- ½ teaspoon ground nutmeg
- 10- to 12-pound domestic goose

Peel and section oranges over measuring cup, reserving 2 tablespoons juice. (If necessary, squeeze membrane to remove juice.) Dice orange to make 1 cup. In large mixing bowl, toss together bread cubes, diced oranges, apple, raisins, pecans, the reserved orange juice, the salt, and nutmeg. Cover and let stand 1 hour. Toss lightly. Stuff body cavity of goose; thoroughly prick legs and wings with fork to let fat escape. Do not oil bird. Place on rack in shallow roasting pan. Roast in 325° oven 3¾ to 4¼ hours, spooning off fat occasionally. Makes 5 or 6 servings.

CINNAMON APPLES

- 2 cups water
- ½ cup sugar
- ½ cup red cinnamon candies
- 6 large apples, pared and cored
- 1 3-ounce package cream cheese, softened
- 2 tablespoons chopped walnuts

In large saucepan or medium skillet, mix water and sugar. Bring to boiling; boil gently 5 minutes. Add candies; stir till melted. Add apples; cover and simmer till tender, 10 to 12 minutes, turning apples occasionally. Let apples stand in syrup till a deep red, turning once or twice. Remove and drain. Combine cheese and nuts; stuff center of apples. Chill. Makes 6 servings.

PERFECTION SALADS

- 2 envelopes unflavored gelatin
- ½ cup sugar
- ¾ teaspoon salt
- 3 cups boiling water
- ⅓ cup white vinegar
- 2 tablespoons lemon juice
- 2 cups chopped celery
- 1 cup finely shredded cabbage
- 2 tablespoons chopped pimiento

Mix gelatin, sugar, and salt. Add boiling water; stir to dissolve gelatin. Add vinegar and lemon juice. Chill till partially set; fold in remaining ingredients. Turn into ten ½-cup molds. Chill till set. Unmold on lettuce. Serve with mayonnaise. Makes 10 servings.

STUFFED BAKED POTATOES

Bake 6 medium potatoes in 375° oven for about 1 hour 10 minutes or till done. Cut slice from top of each. Scoop out inside; mash. Add a little butter or margarine, salt, pepper, and hot milk to moisten. Beat till fluffy. Fill shells half full with mashed potatoes. Combine 1 cup drained, seasoned cooked or canned peas and 2 tablespoons sliced green onion; divide among potato shells. Pile remaining mashed potatoes atop pea mixture. Return to oven for 12 to 15 minutes. Top with extra peas, if desired. Makes 6 servings.

HOMEMADE MINCEMEAT PIE

- 12 pounds apples
- 3 pounds lean beef, cooked
- 1 pound suet

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- 3 pounds raisins
- 4 cups granulated sugar
- 2 cups packed brown sugar
- 2 cups light corn syrup
- ½ cup lemon juice
- 1 cup orange juice
- 1 cup sliced citron
- 2 tablespoons ground cinnamon
- 1 tablespoon ground cloves
- 1 tablespoon salt
- ½ cup vinegar
- 3 cups water
- Pastry for 9-inch lattice-topped pie

Pare and core apples; grind with beef and suet. Add remaining ingredients except pastry. Cook, covered in large kettle over medium-low heat for 30 minutes. Uncover; cook till desired thickness, 1 hour.

Line 9-inch pie plate with pastry; fill with 3 cups mincemeat. Adjust lattice-top crust; seal and flute edge. Bake in 400° oven for 35 to 40 minutes. Freeze remaining mincemeat in pie-sized portions. Makes 8 quarts.

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AMERICAN PLUM PUDDING

- 2 cups soft bread crumbs
- ½ cup milk
- 2 beaten eggs
- ½ cup packed brown sugar
- ½ cup (3 ounces) chopped suet
- ½ cup sifted all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 cup finely chopped, pared apple (1 large apple)
- 1 cup raisins
- ¼ cup mixed candied fruits and peels
- ½ cup finely chopped walnuts
- 1 recipe Foamy Sauce

Soak the bread in milk; beat smooth. Stir in eggs, brown sugar, and suet. Sift together flour, soda, spices, and salt. Add fruits and nuts; mix well. Stir in bread mixture. Oil and lightly flour a 1 quart covered mold. Press pudding into mold. Cover with foil; tie with string. Place on rack in deep kettle; add boiling water 1 inch deep. Cover and steam 2 hours or till done, keeping the water boiling. Serve with *Foamy Sauce:* Beat 2 egg whites to stiff peaks; gradually add 1 cup sifted powdered sugar. Beat 2 egg yolks and ¼ teaspoon vanilla till thick; fold into egg white. Whip ½ cup whipping cream to soft peaks; fold into egg mixture. Makes 6 to 8 servings.

TOMATO BOUILLON SOUP

- 2 cans condensed tomato soup
- 1 14-ounce can (1¾ cups) beef broth
- 2 teaspoons lemon juice
- ⅛ teaspoon pepper

In saucepan, combine all ingredients; heat just to boiling. Makes 8 servings.

CHEESE BALLS

- 1 cup packaged biscuit mix
- ½ cup (2 ounces) shredded sharp natural cheddar cheese
- ¼ cup milk
- 2 tablespoons mayonnaise or salad dressing
- Dash salt
- ½ cup snipped parsley
- 1 tablespoon grated onion

Thoroughly blend together biscuit mix, cheese, milk, mayonnaise, and salt with fork. Shape into ½-inch balls. Combine parsley and onion. Roll cheese balls in parsley mixture. Bake on greased baking sheet in 450° oven for 7 to 10 minutes. Makes about 30.

TURKEY WITH GIBLET STUFFING

- Turkey giblets
- 1 cup shredded carrot
- 1 cup chopped celery
- ⅓ cup chopped onion
- ½ cup butter or margarine
- 7 cups dry bread cubes (about 10 slices bread)
- 2 teaspoons ground sage
- ½ teaspoon salt
- ¼ teaspoon pepper
- 10- to 14-pound turkey

In small saucepan, cook giblets in lightly salted water to cover till tender, about 1 hour. Drain giblets, reserving ½ cup liquid. Chop giblets. Cook vegetables in butter or margarine till tender. Combine with the bread cubes, sage, salt, pepper, and giblets. Toss with reserved giblet liquid. Stuff neck and body cavities of turkey. Push drumsticks under band of skin at tail, or tie to tail. Place in shallow roasting pan. Roast in 325° oven for 4½ to 5½ hours or till meat thermometer registers 185°. To carve, as in picture, cut down from breast bone vertically with electric knife then make a series of diagonal slices toward the first cut.

ACORN SQUASH WEDGES WITH CREAMED ONIONS

- 3 acorn squash, quartered
- 1 tablespoon butter or margarine
- 1 tablespoon all-purpose flour
- Dash salt
- ¾ cup milk
- 1 15½-ounce can peeled small whole stewed onions, drained
- 2 tablespoons chopped pimiento

Arrange squash in single layer in large shallow baking dish; season with salt and pepper. Cover; bake in 350° oven for 35 to 40 minutes or till squash is tender. Meanwhile, melt butter or margarine in saucepan. Stir in flour and salt. Add milk all at once. Cook and stir till thickened and bubbly. Stir in onions and pimiento. Spoon sauce and vegetables over squash. Makes 8 servings.

SCALLOPED OYSTERS

- 1 pint fresh oysters
- 2 cups medium-coarse saltine cracker crumbs (46 crackers)
- ½ cup butter or margarine, melted
- 2 cups sliced fresh mushrooms
- ¾ cup light cream
- ¼ teaspoon worcestershire sauce

Drain oysters, reserving ¼ cup liquor. Combine crumbs and melted butter or margarine. Set aside ½ cup buttered crumbs. Combine remaining crumbs with drained oysters, the ¼ cup liquor, mushrooms, cream, and the worcestershire. Turn into 8¼x1¾-inch round baking dish. Top with reserved crumbs. Bake in 350° oven for 40 minutes. Garnish top with pimiento and green pepper, if desired. Makes 8 servings.

CHRISTMAS ROSE SALADS

- 6 small tomatoes
- 1 8-ounce package cream cheese, softened
- 2 tablespoons milk
- ½ teaspoon onion juice
- Mayonnaise or salad dressing
- Capers or red caviar

Dip tomatoes, one at a time, in boiling water for a few seconds; peel and pat dry with paper toweling. Blend cheese with milk and onion juice. Insert fork in stem end of tomato. Dip a teaspoon into cheese mixture and level off a teaspoonful. Place the cheese side of teaspoon against side of tomato near the top and draw away spoon. Cheese will have formed one petal of rose. Continue around tomato till circle is complete. Place on baking sheet. Pipe mayonnaise through pastry tube in center of each tomato. Top with a few capers or some red caviar. Makes 6 servings.

MOLASSES TAFFY

- 1½ cups sugar
- 1 cup light molasses
- ½ cup light corn syrup
- ¼ cup water
- ¼ teaspoon baking soda
- 2 tablespoons butter or margarine
- ½ cup chopped walnuts

In 3-quart saucepan, combine sugar, molasses, corn syrup,

and water. Stir to dissolve sugar. Cook over medium-low heat for 15 to 20 minutes, stirring constantly. Raise temperature to medium; cook, stirring frequently to hard ball stage (265°), 40 to 45 minutes. Add soda and butter or margarine; mix well. Stir in nuts. Pour into greased shallow pan. When cool enough to handle, about 15 minutes, pull till opaque and lighter in color. Form into ropes; cut with kitchen shears. Wrap in plastic wrap. Makes seventy-two 1-inch pieces (1¼ pounds).

ALMOND COOKIES

½ cup butter or margarine
½ cup sugar
1 egg yolk
1 tablespoon milk
¼ teaspoon salt
¼ teaspoon almond extract
1¼ cups sifted all-purpose flour
1 slightly beaten egg white
1 cup chopped blanched almonds
Red and green maraschino cherries, halved

Thoroughly cream together butter or margarine and sugar. Add egg yolk, milk, salt, and almond extract; beat well. Stir in flour. Chill till firm. Form in 1-inch balls. Dip in egg white and roll in almonds. Place on greased cookie sheet; slightly flatten each ball. Press a cherry half in center of each cookie. Bake in 325° oven for 20 to 25 minutes. Makes about 2 dozen.

RED LOLLIPOPS

3 cups sugar
¾ cup light corn syrup
⅓ cup boiling water
3 tablespoons vinegar
4 tablespoons butter or margarine
Dash salt
Wooden skewers
Fruit-flavored hard-candy circles

In saucepan, combine sugar, corn syrup, water, and vinegar; stir till sugar dissolves. Cook to hard crack stage (300°). Remove from heat; add butter or margarine and salt. Cool till mixture thickens slightly. Quickly drop from tablespoon over wooden skewers placed 5 inches apart on greased cookie sheet to form lollipops 3 inches in diameter. Design faces with the candy circles. Makes about 16.

POPCORN BALLS

2 cups sugar
1½ cups water
½ teaspoon salt
½ cup light corn syrup
1 teaspoon vinegar
1 teaspoon vanilla
5 quarts popped corn
15 to 20 candy canes

Butter sides of saucepan. Combine sugar, water, salt, syrup, and vinegar. Cook to hard ball stage (250°). Stir in vanilla. Slowly pour over popped corn, stirring just to mix well. Butter hands lightly; shape into balls around candy canes. Makes 15 to 20.

CANDIED ORANGE PEEL

6 medium oranges
1 tablespoon salt
1 quart water
2 cups sugar
½ cup water

Cut peel of each orange in sixths; loosen from pulp with bowl of spoon. Remove most of white membrane from peel. Add salt and peel to the 1 quart water. Weight with a plate to keep peel under water; let stand overnight. Drain; wash thoroughly.

Cover with cold water. Heat to boiling; drain. Repeat boiling and draining three times. With kitchen shears, cut peel in strips. In saucepan, combine the peel (about 2 cups), sugar, and the ½ cup water. Heat and stir till sugar dissolves. Cook slowly till peel is translucent. Drain; roll in sugar. Dry candied peel on rack. Makes 2 to 2½ cups.

GINGERBREAD MEN

1 cup butter or margarine
1½ cups sugar
1 egg
4 teaspoons grated orange peel
2 tablespoons dark corn syrup
3 cups sifted all-purpose flour
2 teaspoons baking soda
2 teaspoons ground cinnamon
1 teaspoon ground ginger
½ teaspoon ground cloves
½ teaspoon salt

Thoroughly cream together butter or margarine and sugar. Add egg; beat till light and fluffy. Add orange peel and corn syrup; mix well. Sift together remaining ingredients; stir into creamed mixture. Chill dough thoroughly. On lightly floured surface, roll to ¼-inch thickness. Cut with gingerbread man cookie cutter. Place 1 inch apart on ungreased cookie sheet. Bake in 375° oven for 8 to 10 minutes. Cool 1 minute; remove from pan. Cool on rack. Decorate gingerbread men with decorator icing and raisins, if desired. Makes 2 dozen.

SPRITZ

1½ cups butter or margarine
1 cup sugar
1 egg
1 tablespoon milk
1 teaspoon vanilla
½ teaspoon almond extract
4 cups sifted all-purpose flour
1 teaspoon baking powder

Thoroughly cream together butter or margarine and sugar. Add egg, milk, vanilla, and almond extract; beat well. Sift together flour and baking powder; gradually add to creamed mixture, mixing till smooth. Force dough through cookie press onto ungreased cookie sheet. Decorate with colored sugar and small silver decorative candies, if desired. Bake in 400° oven for 8 to 10 minutes. Makes 4 dozen.

ORANGE FONDANT

1½ cups sifted powdered sugar
2 tablespoons butter or margarine
¼ teaspoon grated orange peel
4 teaspoons orange juice
¼ teaspoon orange extract
1 8-ounce package pitted dates

Cream together powdered sugar and butter or margarine. Add orange peel, juice, and extract to moisten. Pipe filling through pastry tube into dates. Makes about 32.

DELLA ROBBIA WREATH SALAD

1 29-ounce can peach halves (8 halves)
1 29-ounce can pear halves (8 halves)
1 15¼-ounce can pineapple slices (8 slices)
1 16-ounce can whole peeled apricots
1 27-ounce jar spiced crab apples (11 to 12)
1 8-ounce package cream cheese, softened
8 red maraschino cherries
1½ pounds red and green grapes
2 slightly beaten egg whites
½ cup sugar
Curly endive
1 recipe Pineapple Dressing

To make cheese-stuffed fruit: Drain canned fruits and chill. Dry drained, chilled peaches and pears well on paper toweling. Fill hollows with half of the cream cheese. Put a cherry in the center of two halves of fruit before pressing together. Pipe remaining cream cheese through pastry tube to seal two halves.

To frost grapes: Dip bunches of grapes into slightly beaten egg white. Drain off egg white; dip in sugar. Place on rack to dry for 1 to 2 hours.

Arrange bed of curly endive on large platter. Arrange all fruit in circle around bowl of Pineapple Dressing. If desired, cover platter loosely and chill.

To make Pineapple Dressing: In small saucepan, combine ⅓ cup sugar, 4 teaspoons cornstarch, and ¼ teaspoon salt. Gradually blend in 1 cup unsweetened pineapple juice, ¼ cup orange juice, and 2 tablespoons lemon juice. Cook and stir over medium heat till thickened and bubbly. Blend a moderate amount of hot mixture into 2 beaten eggs; return to saucepan and cook over low heat 1 to 2 minutes more. Remove from heat. Gradually stir hot mixture into two 3-ounce packages softened cream cheese. Chill dressing thoroughly. Makes about 2¼ cups dressing.

BASIC SWEET DOUGH

1 package active dry yeast
5¾ to 6¼ cups sifted all-purpose flour
2¼ cups milk
⅓ cup sugar
¼ cup shortening
2 teaspoons salt

In large mixer bowl, combine yeast and 2½ cups of the flour. In saucepan, heat together milk, sugar, shortening, and salt, stirring constantly till shortening melts (115° to 120°). Add warm liquid to dry ingredients. Beat at low speed with electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn out on lightly floured surface; knead till smooth and elastic, 8 to 10 minutes. Shape into a ball; place in lightly greased bowl, turning once to grease surface. Cover; let rise till double, about 1¼ hours. Divide the dough in half. With half of the dough, prepare Swedish Tea Wreath; with second half, prepare Cinnamon Whirl.

CINNAMON WHIRL

½ recipe Basic Sweet Dough
¼ cup sugar
1½ teaspoons ground cinnamon

Roll dough to 15x7-inch rectangle. Combine the sugar and cinnamon; spread over rectangle. Sprinkle with about 1½ teaspoons water. Roll into loaf, starting at narrow end; place in greased and floured 9x5x3-inch loaf pan. Cover; let rise till double, about 45 to 60 minutes. Bake in 375° oven for 30 minutes. If top browns too fast, cover the loaf loosely with foil during the last 15 minutes of baking.

SWEDISH TEA WREATH

½ recipe Basic Sweet Dough
¼ cup butter or margarine, melted
2 3-ounce packages mixed candied fruits and peels
Powdered Sugar Icing

Roll dough to ½-inch-thick rectangle. Brush with melted butter or margarine. Cover with candied fruits and peels. Roll up in jelly-roll fashion; shape into circle, sealing ends together. Transfer to greased baking sheet. Using kitchen shears, snip ⅔ of the way through the roll at 1-inch intervals. Turn each cut section on its side. Cover and let rise till almost double. Bake in 350° oven 35 minutes. While wreath is warm, brush with *Powdered Sugar Icing:* Add enough light cream to 1 cup sifted powdered sugar to make icing of spreading consistency. Stir in ½ teaspoon vanilla and dash salt.

BUBBLE WREATH

1 package active dry yeast
3½ to 3¾ cups sifted all-purpose flour
1¼ cups milk
¼ cup sugar
¼ cup shortening
1 teaspoon salt
1 egg
1 recipe Sugar Fruit Topping

In large mixer bowl, combine yeast and 2 cups of the flour. In saucepan, heat together milk, sugar, shortening, and salt just till warm (115° to 120°) stirring constantly to melt shortening. Add to flour mixture in bowl; mix well. Stir in egg. Beat on low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a soft dough. Turn out on lightly floured surface; knead till smooth. Place dough in greased bowl, turning once to grease surface. Cover and let rise till double in volume, about 2 hours.

Grease a 10-inch tube pan. Spread bottom with *Sugar Fruit Topping:* Melt 2 tablespoons butter or margarine; add 2 tablespoons light corn syrup and ½ cup packed brown sugar. Place 16 halved candied cherries, cut side up, and a few blanched slivered almonds on sugar mixture. Shape dough into 48 small balls; roll in melted butter then in a mixture of ½ cup sugar and 1 teaspoon ground cinnamon. Place in layers in pan. Let rise till double. Bake in 400° oven for 35 minutes. Loosen coffee cake from tube pan; turn out quickly.

SUGAR PLUM LOAF

2 packages active dry yeast
4 cups sifted all-purpose flour

¼ cup sugar
¼ cup shortening
1½ teaspoons salt
2 eggs

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1 cup chopped walnuts
¾ cup raisins
¼ cup candied cherries
¼ cup chopped citron
1 tablespoon candied orange peel
3 teaspoons ground cardamom

In large mixer bowl, combine the yeast and 2 cups of the flour. In saucepan, combine milk, sugar, shortening, and salt. Heat just till warm (115° to 120°), stirring constantly to melt shortening. Add to dry mixture in bowl; mix well. Add eggs. Beat on low speed of electric mixer ½ minute. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately soft dough. Stir in walnuts, raisins, cherries, citron, orange peel, and cardamom; mix well. Turn out on lightly floured surface; knead till smooth and elastic. Place in greased bowl, turning once to grease surface. Cover and let rise till double, about 2 hours. Divide dough in half. Let rest 10 minutes. Shape each portion of dough into a round loaf. Place on greased baking sheet. Let rise till double. Bake in 350° oven for 1 hour. Makes 2 loaves.

STUFFED EGGS

8 hard-cooked eggs
¼ cup mayonnaise or salad dressing
1 tablespoon milk
1 teaspoon vinegar
½ teaspoon prepared mustard
¼ teaspoon salt
¼ teaspoon paprika
Dash pepper

Shell eggs; halve lengthwise; remove yolks and mash or sieve. Combine yolks with the mayonnaise, milk, vinegar, mustard, salt, paprika, and pepper. Fill pastry bag; pipe yolk mixture into egg whites. Makes 16 stuffed eggs.

RED AND WHITE SALAD

4 cups tomato juice
⅓ cup chopped onion
¼ cup chopped celery leaves
1 teaspoon salt
2 small bay leaves
4 whole cloves
2 envelopes unflavored gelatin
3 tablespoons lemon juice

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1½ cups cream-style cottage cheese
2 3-ounce packages cream cheese, softened
½ cup chopped celery
2 tablespoons finely snipped chives
¼ teaspoon salt
1 envelope unflavored gelatin
1 cup mayonnaise or salad dressing

To make red portion of salad: In saucepan, combine 2 cups of the tomato juice, the onion, celery leaves, brown sugar, salt, bay leaves, and cloves. Simmer 5 minutes; strain. Soften the 2 envelopes of gelatin in 1 cup of the remaining tomato juice; dissolve in hot mixture. Add the remaining 1 cup tomato and lemon juice. Pour into 5-cup ring mold. Chill till firm.

To make white portion of salad: Beat together cottage cheese and cream cheese till fluffy. Stir in celery, chives, and salt. Soften the 1 envelope of gelatin in 1 cup cold water. Stir over low heat till dissolved. Stir into cheese mixture. Stir in mayonnaise. Pour into a second 5-cup ring mold; chill till firm.

To assemble salad: Unmold both ring molds. Cut each in six slices. On platter, make one ring mold by using alternate slices of red and white gelatin. Makes 12 servings.

PARSLIED POTATO SALAD

8 cups diced, pared, cooked potatoes (about 4 pounds)
½ cup sliced celery
⅓ cup snipped parsley
⅓ cup chopped green onion
¼ cup chopped dill pickle
1 cup mayonnaise or salad dressing
¼ cup clear French salad dressing with herbs and spices
1½ teaspoons salt
½ teaspoon dry mustard
Dash pepper

Combine the potatoes, celery, parsley, green onion, and pickle; toss lightly. Blend together salad dressing, salt, dry mustard, and pepper; gently fold into potato mixture. Line a 2-quart bowl with plastic wrap. Pack potato salad into bowl. Cover and chill. Unmold onto lettuce-lined plate. Trim with tomato rose, if desired. Makes 8 to 10 servings.

BROWN BEANS

2 cups dry Swedish brown beans (16 ounces)
6 cups cold water
3 inches stick cinnamon
1½ teaspoons salt
⅓ cup packed brown sugar
¼ cup vinegar
2 tablespoons dark corn syrup

Rinse beans; drain. Add water; cover and bring to boiling; simmer 2 minutes. Cover and let stand 1 hour. (Or, add the water. Cover and let stand overnight.) Add cinnamon and salt; cover and simmer 1½ to 2 hours or till tender. (Add more water, if needed.) Stir in brown sugar and vinegar. Cook, uncovered, 30 minutes more, stirring mixture occasionally. Add dark corn syrup. Makes 6 servings.

SWEDISH MEATBALLS

¾ pound lean ground beef
½ pound ground veal
½ pound ground pork
1½ cups soft bread crumbs
1 cup light cream
½ cup chopped onion
3 tablespoons butter or margarine
1 egg
¼ cup finely snipped parsley
1¼ teaspoons salt
Dash pepper
Dash ground ginger
Dash ground nutmeg
1 recipe Gravy

Grind meats together twice. Soak bread in cream about 5 minutes. Cook onion in 1 tablespoon of the butter or margarine till tender. Mix meat, crumb mixture, onion, egg, parsley, and seasonings. Beat 5 minutes at medium speed of electric mixer, or mix by hand till well combined. Chill. Shape into 1½-inch balls; brown in remaining butter. Remove from skillet. Make Gravy; add meat. Cover; simmer 30 minutes, stirring occasionally with gravy. Makes 5 or 6 servings.

To make Gravy: In skillet, melt 2 tablespoons butter with drippings. Stir in 2 tablespoons all-purpose flour. Dissolve 1 beef bouillon cube in 1¼ cups boiling water; add to flour mixture along with ½ teaspoon instant coffee powder. Cook, stirring constantly, till gravy is thickened and bubbly.

ORANGE-GLAZED HAM

10- to 14-pound bone-in, cook-before-eating ham
Orange marmalade

Bake ham in 325° oven for 3½ to 4 hours. Thirty minutes before end of baking time, brush with orange marmalade. Serve with *Jellied Cider Molds.*

JELLIED CIDER MOLDS

1 3-ounce package lemon-flavored gelatin
2 cups apple cider or juice

In medium saucepan, combine gelatin and cider. Bring to boiling, stirring to dissolve gelatin. Pour gelatin mixture into eight ½-cup individual molds. Chill till firm. Unmold. Serve cider molds with baked ham. Makes 8 molds.

COCONUT TARTS

Pastry for 2-crust pie
3 beaten eggs
1½ cups sugar
½ cup butter or margarine, melted
1 tablespoon lemon juice
1 teaspoon vanilla
1 3½-ounce can flaked coconut
Lingonberry preserves

Prepare pastry dough. For tart shells, roll ⅛ inch thick on lightly floured surface; cut in eight 5- or 6-inch circles. Line eight 3¼x1¼-inch fluted tart pans with pastry. Combine eggs, sugar, melted butter or margarine, lemon juice, and vanilla; stir in coconut. Pour into unbaked tart shells. Bake in 350° oven for 40 minutes or till knife inserted just off center comes out clean. Cool. Top each tart with about 1 teaspoon lingonberry preserves. Makes 8 tarts.

½ cup chili sauce
½ cup currant jelly
1½ tablespoons lemon juice
1½ teaspoons prepared mustard
2 7-ounce packages cocktail frankfurters
1 13¼-ounce can pineapple chunks, drained

In skillet, combine all ingredients. Simmer 15 minutes, stirring occasionally. Serve warm with cocktail picks.

GLAZED SAUSAGE BITES

1 slightly beaten egg
1 pound bulk pork sausage
½ cup finely crushed saltine crackers (14 crackers)
⅓ cup milk
½ teaspoon rubbed sage

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½ cup water
¼ cup catsup
2 tablespoons brown sugar
1 tablespoon vinegar
1 tablespoon soy sauce

In mixer bowl, combine egg, sausage, crackers, milk, and sage. Beat at high speed on electric mixer for 5 minutes. Shape into 1¼-inch balls. (Mixture will be soft. Wet hands to shape easily.) In skillet, brown meat on all sides, shaking pan occasionally to keep balls round, about 10 minutes. Pour off excess fat. Combine water, catsup, brown sugar, vinegar, and soy. Pour over meatballs. Cover and simmer 15 minutes, stirring occasionally. To serve, keep hot in chafing dish. Makes 3 dozen meatballs.

STUFFED EDAM

1 2-pound round edam or gouda cheese

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1 cup dairy sour cream
⅓ cup milk
1 teaspoon rubbed sage
⅛ teaspoon onion powder

Have cheese at room temperature. Cut a star pattern from heavy paper slightly smaller in diameter than the cheese; pin to top of cheese. Cut around pattern with knife. Carefully scoop out cheese, leaving a thin shell. Shred cheese. In large mixer bowl, whip cheese with electric mixer adding onion powder; mound in cheese shell. Chill. Remove from refrigerator about 1 hour before serving. Serve with assorted crackers. Makes about 5 cups.

CRAB-CHEESE SPECIAL

1 3-ounce package cream cheese, softened
¼ cup milk
2 teaspoons lemon juice
1 teaspoon worcestershire sauce
1 small clove garlic, minced
Dash salt
Dash pepper
1 7½-ounce can crab meat, drained, finely flaked, and cartilage removed

Beat together cream cheese and milk till smooth. Add lemon juice, worcestershire, garlic, salt, and pepper. Stir in crab. Chill. Serve with crackers. Makes 1¾ cups.

CREAMY BRAUNSCHWEIGER DIP

8 ounces (1 cup) braunschweiger
1 cup dairy sour cream
2 tablespoons onion soup mix
1 teaspoon worcestershire sauce
Few drops bottled hot pepper sauce

In small mixer bowl, combine all ingredients. Beat till nearly smooth. Chill till serving time. Serve with crisp vegetables. Makes 1¾ cups.

ANCHOVY OLIVE DIP

1 cup dairy sour cream
2 tablespoons finely chopped pimiento-stuffed green olives
1 tablespoon anchovy paste
½ teaspoon grated onion

Combine all ingredients; mix well. Chill till serving time. Serve with crisp vegetables. Makes about 1 cup.

BRIDGE SCRAMBLE

6 cups round oat cereal
3 cups pretzel sticks
3 cups mixed salted nuts
½ cup butter or margarine, melted
1 envelope parmesan salad dressing mix

In 13x9x2-inch baking pan, heat cereal in 300° oven for 5 minutes or till warm. Remove from oven. Add pretzels

and nuts. Pour the melted butter or margarine over mixture; sprinkle with dry salad dressing mix, stirring well. Return cereal mixture to oven and heat 15 to 20 minutes more. Makes about 12 cups.

SWEDISH PICKLED SHRIMP

- 2 to 2½ pounds fresh or frozen shrimp in shells
- ½ cup celery leaves
- ¼ cup mixed pickling spices
- 1 tablespoon salt
- 2 cups sliced onion
- 7 or 8 bay leaves
- 1½ cups salad oil
- ¾ cup white vinegar
- 3 tablespoons capers with juice
- 2½ teaspoons celery seed
- 1½ teaspoons salt
- 3 drops bottled hot pepper sauce

In saucepan, cover shrimp with boiling water; add celery leaves, pickling spices, and the 1 tablespoon salt. Cover and simmer 5 minutes; drain. Peel and devein shrimp under cold water. Layer shrimp, onion, and bay leaves in shallow dish. Combine remaining ingredients. Pour over shrimp. Cover; chill at least 24 hours, spooning the marinade over shrimp occasionally.

LIPTAUER CHEESE DUNK

- 1 8-ounce package cream cheese, softened
- ½ cup butter or margarine, softened
- 2 tablespoons milk
- 1 tablespoon anchovy paste
- 2 teaspoons paprika
- 1 teaspoon prepared mustard

In small mixer bowl, beat together cream cheese and butter or margarine. Add milk, anchovy paste, paprika, and mustard. Blend well. Chill. Remove from refrigerator 20 minutes before serving. Garnish with rolled anchovy fillet and parsley, if desired. Serve with unsalted crackers or vegetables. Makes 1¼ cups.

CHILI CHEESE LOG

- 1 3-ounce package cream cheese
- 2 cups (8 ounces) shredded sharp process American cheese
- 1 tablespoon lemon juice
- ½ teaspoon garlic powder
- Dash red pepper
- ¼ cup finely chopped pecans
- 1 teaspoon chili powder
- 1 teaspoon paprika

Let cheeses stand at room temperature to soften; combine cheeses, lemon juice, garlic powder, and red pepper; beat with electric mixer or rotary beater till light and fluffy. Stir in nuts. Shape in a roll about 1½ inches in diameter. Sprinkle roll with mixture of chili powder and paprika. Chill. Let stand at room temperature 10 minutes before serving. Serve with crackers.

FRUITED HOLIDAY WREATH

- 1 8-ounce package cream cheese, softened
- ¼ cup chopped walnuts
- 1 3-ounce package lime-flavored gelatin
- ½ cup chopped celery

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- 1 envelope unflavored gelatin
- ½ cup frozen lemonade concentrate, thawed
- ¼ cup sugar
- ½ cup mayonnaise or salad dressing

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- 1 16-ounce can fruit cocktail
- 1 3-ounce package cherry-flavored gelatin
- 1 recipe Lemon Mayonnaise

Cut cream cheese into eight equal portions. Roll each into a ball, then in chopped walnuts; set aside. Dissolve lime-flavored gelatin in 1 cup boiling water; stir in 1 cup cold water and the celery. Chill till partially set. Pour a little gelatin into 8½-inch fluted tube pan; chill till partially set. Arrange cheese balls in mold. Slowly pour in remaining lime gelatin; chill till almost firm. Soften unflavored gelatin in ½ cup cold water; stir over low heat till gelatin is dissolved. Add lemonade, sugar, and 1 cup cold water. Beat in mayonnaise. Chill till partially set. Carefully pour over lime layer. Chill again till second layer is almost firm. Drain fruit cocktail, reserving syrup. Add water to syrup to make 1 cup liquid. Dissolve cherry gelatin in 1 cup boiling water; stir in syrup mixture. Chill till partially set. Fold in fruit cocktail; carefully pour over lemon layer. Chill till firm. Serve with *Lemon Mayonnaise:* Combine ½ cup mayonnaise and ¼ cup frozen lemonade concentrate, thawed. Whip ½ cup whipping cream; fold into mayonnaise mixture. Makes 12 to 14 servings.

CRANBERRY WHIPPED CREAM SALAD

- 1 8¼-ounce can crushed pineapple
- 1 3-ounce package raspberry-flavored gelatin
- 1 16-ounce can whole cranberry sauce
- 1 teaspoon grated orange peel
- 1 11-ounce can mandarin orange sections, drained
- 1 cup whipping cream

Drain pineapple, reserving the syrup. Add enough boiling water to syrup to make 1 cup. Dissolve gelatin in hot liquid. Stir in cranberry sauce and orange peel; chill till partially set. Fold in mandarin oranges and pineapple. Whip cream; fold into fruit mixture. Pour into 6-cup mold. Chill till set. Unmold; garnish with green grapes and cranberries rolled in some egg white and lime- and raspberry-flavored gelatins. Makes 8 to 10 servings.

CHERRY BLOSSOM MUFFINS

- 1 slightly beaten egg
- ⅔ cup orange juice
- 2 tablespoons sugar
- 2 tablespoons cooking oil
- 2 cups packaged biscuit mix
- ½ cup chopped pecans

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- ½ cup cherry preserves
- 1 recipe Spicy Topping

In mixing bowl, combine egg, orange juice, sugar, and oil. Add biscuit mix; beat vigorously 30 seconds. Stir in nuts. Grease 12 muffin pans or line with paper bake cups. Fill muffin pans ⅓ full. Top each with 2 teaspoons of cherry preserves. Cover with remaining muffin batter till ⅔ full. Sprinkle with *Spicy Topping:* Combine ¼ cup sugar, 2 tablespoons all-purpose flour, and ½ teaspoon ground nutmeg; cut in 1 tablespoon butter or margarine till crumbly. Bake muffins in 400° oven for 20 to 25 minutes. Makes 12.

CRYSTAL CUT CANDIES

- 2 cups sugar
- ½ cup water
- ½ cup light corn syrup
- Dash salt
- Few drops red or green food coloring
- Few drops oil of cinnamon or oil of wintergreen

In heavy saucepan, combine sugar, water, corn syrup, and salt; bring to boiling, stirring to dissolve sugar. Cook without stirring to soft crack stage (290°). Add a few drops food coloring and flavoring. Gently swirl to blend. Pour into 8x8x2-inch baking pan. Let stand a few minutes till film forms over top. With a sharp knife, mark surface of candy in 1¼-inch squares. Because candy begins cooling at edges, start marking from outside and work toward center. Using a flat metal spatula, press along marked lines, being careful not to break through the film surface. (If lines do not hold shape, candy is not cool enough.) Continue pressing along marked lines to center. While waiting for center candy to cool enough, retrace previous lines, pressing the spatula deeper but not breaking film. When spatula may be pressed to bottom of pan in all lines, candy will be shaped in square pulls. Cool, then turn out and break into pieces. Makes about 5 dozen pieces.

REMARKABLE FUDGE

- 4 cups sugar
- 1 14½-ounce can (1⅔ cups) evaporated milk
- 1 cup butter or margarine
- 1 12-ounce package (2 cups) semisweet chocolate pieces
- 1 7-ounce jar marshmallow creme
- 1 cup broken walnuts
- 1 teaspoon vanilla

Butter sides of heavy 3-quart saucepan. Combine sugar, milk, and butter or margarine in saucepan. Cook over medium heat to soft ball stage (236°), stirring frequently. Remove from heat; add chocolate, marshmallow creme, nuts, and vanilla. Beat till chocolate is melted and blended. Pour into buttered 13x9x2-inch pan. Score in squares while warm; cut when cool and firm. Makes three dozen 1½-inch pieces.

PENUCHE

- 1½ cups granulated sugar
- 1 cup packed brown sugar
- ⅓ cup light cream
- ⅓ cup milk
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla
- ½ cup broken pecans

Butter sides of heavy 2-quart saucepan. Combine sugars, cream, milk, and butter or margarine. Cook over medium heat, stirring constantly, till sugars dissolve and mixture comes to boiling. Cook to soft ball stage (238°), stirring only if necessary. Immediately remove from heat and cool to lukewarm (110°) without stirring. Add vanilla. Beat vigorously till candy becomes very thick and starts to lose its gloss. Quickly stir in nuts and spread in buttered shallow pan. Score in squares while warm; cut when firm.

KRIS KRINGLES

- 1 6-ounce package (1 cup) semisweet chocolate pieces
- 2 tablespoons butter or margarine
- 1 egg
- 1 cup sifted powdered sugar
- Dash salt
- ½ teaspoon vanilla
- ½ cup flaked coconut
- ½ cup chopped dry roasted peanuts

In medium saucepan, melt chocolate and butter or margarine over low heat, stirring constantly. Remove from heat; cool to lukewarm. Beat in egg till smooth and glossy. Add powdered sugar, salt, and vanilla; mix well. Stir in coconut and nuts. Chill. Form into a 10-inch-long roll. Wrap and chill till firm, several hours or overnight. Slice ¼ inch thick. Makes 40 slices.

TOFFEE BUTTER CRUNCH

- 1 cup butter or margarine
- 1⅓ cups sugar
- 3 tablespoons water
- 1 tablespoon light corn syrup
- 1 cup coarsely chopped blanched almonds, toasted
- 4 4½-ounce milk chocolate candy bars, melted
- 1 cup finely chopped blanched almonds, toasted

In large saucepan, melt butter or margarine. Add sugar, water, and corn syrup. Cook over medium heat, stirring occasionally, to hard crack stage (300°). Quickly stir in the coarsely chopped almonds; spread in well-greased 13x9x2-inch baking pan. Cool thoroughly. Turn out on waxed paper; spread with half the chocolate; sprinkle with half of the finely chopped nuts. Cover with waxed paper; invert. Spread again with chocolate. Sprinkle with remaining nuts. If necessary, chill to firm chocolate. Break in pieces.

ROCKY ROAD

- 2 8-ounce or twelve 1⅜-ounce milk chocolate candy bars
- 3 cups tiny marshmallows
- ¾ cup coarsely broken walnuts

In medium saucepan, slowly melt chocolate over low heat, stirring constantly. Remove from heat; beat smooth. Stir in marshmallows and nuts. Spread in buttered 8x8x2-inch pan. Chill. Cut in squares. Makes 1½ pounds.

SNOWBALLS

- 1 6-ounce package (1 cup) semisweet chocolate pieces
- ⅓ cup evaporated milk
- 1¼ cups sifted powdered sugar
- ½ cup chopped walnuts
- 1 3½-ounce can (1⅓ cups) flaked coconut

In medium saucepan, combine chocolate and milk; stir over low heat till chocolate melts. Remove from heat; stir in powdered sugar and nuts. Chill a few minutes, then form into 1-inch balls. Roll in coconut. Makes about 30.

NO-BAKE FRUITCAKE

- 1 cup tiny marshmallows
- ½ cup evaporated milk
- 1 teaspoon grated orange peel
- ½ cup orange juice
- 4 cups graham cracker crumbs
- 1½ cups (8 ounces) snipped pitted dates
- 1 cup (8 ounces) mixed candied fruits and peels, chopped

¼ cup maraschino cherries, sliced
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Gumdrops

Mix together marshmallows, evaporated milk, orange peel and juice. In large bowl, combine remaining ingredients except gumdrops. Add milk mixture; blend well. Line a 5-cup mold with foil or plastic wrap, extending wrap above sides. Press graham cracker mixture firmly into mold. Cover tightly with foil. Chill overnight before serving. Store in refrigerator. Garnish with candy.

VERY BEST FRUITCAKE

2 cups (8 ounces) chopped nuts
1½ cups (8 ounces) snipped pitted dates
1 cup (8 ounces) candied cherries
1 cup (8 ounces) candied pineapple
½ cup (4 ounces) candied orange peel
½ cup (4 ounces) candied lemon peel
2 cups sifted all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon ground allspice
½ teaspoon ground nutmeg
½ teaspoon ground cloves
1 cup shortening
½ cup sugar
½ cup honey
5 eggs
⅓ cup orange juice
1 cup (8 ounces) raisins
1 3½-ounce can (1⅓ cups) flaked coconut

Shake nuts, dates, and candied fruits in *¼ cup* of the flour. Sift together the remaining flour, the salt, baking powder, and spices. Cream together the shortening and sugar; stir in honey. Beat in eggs, one at a time, beating well after each addition. Add the dry ingredients to creamed mixture alternately with orange juice, beating well. Stir in raisins and coconut. Pour batter over floured candied fruit mixture; mix well. Pour into two greased and floured 11x4x3-inch loaf pans. Bake in 275° oven for 2 hours or till done. If desired, soak several thicknesses of cheesecloth in ¼ cup wine. Wrap fruitcakes in cheesecloth, then in foil. Store in cool place for one to two weeks. Brush with corn syrup and decorate with candied fruits just before serving. Makes 2 loaves.

NESSELRODE UPSIDE-DOWN CAKE

1 16-ounce jar Nesselrode topping
2 tablespoons butter or margarine, melted
2 17-ounce packages pound cake mix

Combine topping and melted butter or margarine. Spoon into bottom of well-greased 10-inch fluted tube pan. Prepare pound cake mixes together according to package directions. Spoon over topping in pan. Bake in 350° oven for 1 to 1¼ hours. Cool in pan 5 minutes. Loosen sides and carefully invert onto serving plate allowing Nesselrode to run down sides of cake.

APPETIZER PIE

1 hard-cooked egg
1 4½-ounce can deviled ham
1 teaspoon prepared horseradish
1 teaspoon prepared mustard
1 6- or 7-inch unsliced round loaf rye bread
1 tablespoon mayonnaise or salad dressing
Dash dried dillweed
1 5-ounce jar process cheese spread
2 medium unpared cucumbers, scored and sliced
1 2-ounce jar red caviar

Separate egg yolk and white; chop egg white finely. Sieve egg yolk; set aside. Combine deviled ham, horseradish, and mustard. Cut four ½-inch-thick round slices from center of rye loaf. Combine mayonnaise and dill; spread over each bread slice. For each pie: Spread ham filling in center of slice; ring with cheese spread. Halve cucumber slices. Overlap cucumber atop cheese. Add band of caviar. Fill center with chopped egg white and sieved yolk. Makes 4 pies.

JIGSAW SANDWICHES

HAM AND CHEESE CHECKERBOARDS

Remove crusts from 2 unsliced loaves sandwich bread—1 white and 1 whole wheat. From each loaf, cut 6 lengthwise slices, ½ inch thick. This will make 3 ribbon loaves. Use Cheese Butter and Ham Filling to put 4 long slices of bread together, alternating 2 whole wheat and 2 white. Wrap; chill. Slice crosswise to make thin ribbons. Cut each ribbon loaf in 6 lengthwise slices. Put 4 slices together, alternating colors. (This makes 3 checkerboards.) Wrap and chill. Slice crosswise to serve.
For Cheese Butter: Combine one 5-ounce jar sharp process cheese spread and ½ cup softened butter or margarine.
For Ham Filling: Combine one 8-ounce package softened cream cheese, one 4½-ounce can deviled ham, 1 tablespoon catsup, and 1 to 2 teaspoons finely chopped onion.

TUNA PINWHEELS

1 unsliced loaf white sandwich bread
⅓ cup butter or margarine, softened
2 7-ounce cans tuna, drained and flaked
⅔ cup mayonnaise or salad dressing
2 tablespoons mashed pimiento
1 tablespoon prepared mustard
40 very thin strips green pepper

Cut bread into 8 lengthwise slices about ¼ inch thick. Trim crusts. Roll bread lightly with a rolling pin. Spread bread with softened butter or margarine. Combine tuna, mayonnaise, pimiento, and mustard. Spread each slice of bread with about ¼ cup filling. Place 5 strips green pepper, equal distance apart, atop filling on each bread slice. Roll up jelly-roll fashion, beginning at narrow end. Wrap; chill. Slice in ⅜-inch-thick pinwheels. Makes 40.

EGG SALAD CRESCENTS

4 hard-cooked eggs, chopped
⅓ cup chopped pimiento-stuffed green olives
2 tablespoons finely chopped green onion
2 teaspoons prepared mustard
¼ cup mayonnaise or salad dressing
White sandwich bread

Combine all ingredients except bread. Cut bread with crescent-shaped cutter. Spread with egg salad filling. Garnish with jellied cranberry stars, if desired. Or, use filling on round bread slices; garnish with sliced green olives, halved. Makes 1½ cups filling.

WATERCRESS PINWHEELS

1 cup chopped watercress
2 3-ounce packages cream cheese, softened
Dash salt
1 unsliced loaf white sandwich bread, sliced lengthwise in ⅜-inch-thick slices

Combine watercress, cream cheese, and salt. Remove crusts from bread. Spread ¼ cup filling on each slice. Roll up, starting at narrow end. Wrap in foil and chill thoroughly. Slice ⅜ inch thick. Makes about 2 dozen.

CHRISTMAS MOSAIC CANAPES

1 3-ounce package cream cheese
1 tablespoon milk
1 teaspoon worcestershire sauce
4 slices bacon, crisp-cooked, drained, and crumbled
1 loaf white sandwich bread
1 loaf whole wheat sandwich bread

Soften cream cheese and blend in milk and worcestershire. Add bacon. Cut an equal amount of white and whole wheat bread in rectangles or bell shapes with cookie cutter. Spread half the shapes (equal number of white and whole wheat) with cheese mixture. With small hors d'oeuvres cutters, cut shapes from centers of remaining rounds; fit together contrasting breads. Use whole wheat shapes over white bread sandwiches and vice versa. If desired, fill the cutout portions of bread with a little snipped parsley or chopped pimiento.

SHRIMP-CUCUMBER SALAD ROUNDS

1 3-ounce package cream cheese, softened
2 tablespoons mayonnaise or salad dressing
1 tablespoon catsup
1 teaspoon prepared mustard
Dash garlic powder
1 cup chopped cooked shrimp
¼ cup finely chopped cucumber
1 teaspoon finely chopped onion
Party rye bread

Blend together the cheese and mayonnaise; stir in catsup, mustard, and garlic powder. Stir in shrimp, cucumber, and onion. Spread over rye bread rounds. Garnish with additional shrimp and cucumber, if desired. Makes 20.

MARINATED HEARTS OF PALM RELISH

¼ cup salad oil
1 tablespoon finely chopped onion
1 tablespoon snipped parsley
1 tablespoon vinegar
1 teaspoon lemon juice
¼ teaspoon salt
⅛ teaspoon dry mustard
1 hard-cooked egg, finely chopped
1 tablespoon chopped pimiento
1 14-ounce can hearts of palm, chilled, drained, and cut in strips

In screw-top jar, combine oil, onion, parsley, vinegar, lemon juice, salt, and dry mustard. Cover; shake vigorously to blend. Add egg and pimiento; stir well. Line relish dish with lettuce; top with hearts of palm. Pour on dressing.

PICKLED ARTICHOKES AND MUSHROOMS

⅓ cup vinegar
⅓ cup salad oil
⅓ cup water
1 clove garlic, crushed
2 tablespoons sugar
1½ teaspoons salt
2 tablespoons snipped parsley
¼ teaspoon whole black peppercorns
Dash bottled hot pepper sauce
1 14-ounce can artichoke hearts, drained
1 cup sliced fresh mushrooms

Combine vinegar, oil, water, garlic, sugar, salt, parsley, peppercorns, and hot pepper sauce. In shallow dish or deep, narrow glass jar, pour marinade over artichokes and mushrooms. Cover; refrigerate 8 hours or overnight, stirring several times. Drain.

FROSTED RIBBON LOAF

1 unsliced loaf white sandwich bread
Softened butter or margarine
1 cup Ham Salad Filling
1 tomato, peeled and thinly sliced
1 cup Egg Salad Filling
4 3-ounce packages cream cheese, softened
⅓ cup milk
Snipped chives

Slice bread lengthwise in 4 slices; trim crusts. Butter slices. Spread first layer with Ham Salad Filling, arrange tomato slices on second layer, and spread Egg Salad Filling on third layer. Assemble loaf using 2 spatulas to support layers. Wrap in foil; chill. At serving time, beat cream cheese with milk till fluffy. Frost top and sides of loaf. Sprinkle with snipped chives. Makes 10 servings.
To make Ham Salad Filling: Combine 1 cup ground cooked ham, ⅓ cup finely chopped celery, 2 tablespoons drained pickle relish, ½ teaspoon prepared horseradish, and ¼ cup mayonnaise or salad dressing; mix thoroughly. Makes 1½ cups filling.
To make Egg Salad Filling: Combine 4 hard-cooked eggs, chopped, ⅓ cup chopped pimiento-stuffed green olives, 2 tablespoons finely chopped green onion, 2 teaspoons prepared mustard, and ¼ cup mayonnaise or salad dressing; toss together lightly. Makes 1½ cups filling.

EGGNOG

12 eggs
½ cup sugar
4 cups cold milk
½ cup bourbon
½ to ¾ cup light rum
¼ teaspoon salt
2 cups whipping cream
Ground nutmeg

Separate eggs. In small mixer bowl, beat egg yolks. Gradually add sugar and beat till thick and lemon-colored. Add milk, bourbon, rum, and salt. Whip cream. In very large bowl, beat egg whites till stiff peaks form. Fold egg yolk mixture and whipped cream into egg whites. Serve eggnog immediately in chilled punch bowl. Sprinkle with a little nutmeg. Makes 25 servings.

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PINEAPPLE SPARKLE

- 3 quarts unsweetened pineapple juice
- 3 cups orange juice
- 1½ cups lemon juice
- ⅓ cup lime juice
- 2½ cups sugar

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- 4 28-ounce bottles ginger ale, chilled
- 2 28-ounce bottles carbonated water, chilled

Combine juices and sugar; chill several hours. Just before serving, pour over ice ring in punch bowl. Resting bottle on rim, carefully pour in ginger ale and carbonated water. Float orange and lime slices atop punch, if desired. Makes about 75 servings.

LIME FROSTED

- 2 cups sugar
- 3 envelopes unsweetened lemon-lime flavored soft drink powder
- 6 cups cold water
- 3 cups pineapple-grapefruit drink, chilled
- ⅓ cup lemon juice

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- 1 quart lime sherbet
- 1 32-ounce bottle lemon-lime carbonated beverage, chilled

In punch bowl, combine sugar and soft drink powder. Add cold water, pineapple-grapefruit drink, and lemon juice; stir till sugar dissolves. Stir half of the sherbet to soften; blend into punch mixture. Top with scoops of remaining sherbet. Resting bottle on rim of bowl, carefully pour in chilled lemon-lime carbonated beverage; stir punch gently. Makes 36 servings.

ROSY WASSAIL BOWL

- 1 pint cranberry juice cocktail
- 1 6-ounce can frozen orange juice concentrate, thawed
- 2 cups water
- 1 tablespoon sugar
- ½ teaspoon ground allspice
- 1 bottle (about 3¼ cups) dry white wine

In large kettle, combine cranberry juice, orange juice concentrate, water, sugar, and allspice. Bring almost to simmering; add wine and heat through. Do not boil. If desired, float a few drops red food coloring. Chill several hours. Float ice cubes, fresh whole cranberries, and holly atop punch, if desired. Makes 12 to 14 servings.

BUCHE DE NOEL

- 4 egg yolks
- 1 cup sugar
- ½ teaspoon vanilla
- 4 egg whites
- 1 cup sifted cake flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 tablespoons rum
- 1 recipe Chocolate Filling

In small mixer bowl, beat egg yolks till thick and lemon-colored. Gradually add ½ cup of the sugar, beating constantly. Stir in vanilla. In large mixer bowl, beat egg whites till soft peaks form; gradually add the remaining sugar, beating to stiff peaks. Gently fold in yolk mixture. Sift together flour, baking powder, and salt; fold into egg mixture. Spread evenly in greased and floured 15½x10½x1-inch jelly-roll pan. Bake in 375° oven 10 to 12 minutes. Loosen edges and immediately turn out onto kitchen towel sprinkled with powdered sugar. Sprinkle cake evenly with rum. Roll up the cake and towel together, starting at long end of cake; cool thoroughly.

To make Chocolate Filling: In small saucepan, heat ⅔ cup sugar and ⅓ cup water to boiling; cook to soft ball stage (240°). In small mixer bowl, beat 2 egg yolks till thick and lemon-colored. Very gradually add the hot syrup, beating constantly; continue beating till mixture is completely cool. Beat in ½ cup softened butter or margarine, 1 tablespoon at a time. Add 1½ squares (1½ ounces) unsweetened chocolate, melted and cooled, 1 tablespoon rum, and 1 teaspoon instant coffee powder; continue beating till thick. Unroll cake; spread evenly with half the filling; roll up cake starting with long side. Diagonally cut a 4-inch piece from end of roll. On serving plate, place cut edge of 4-inch piece against longer roll. Frost log with remaining filling; mark with tines of fork to resemble bark. Decorate the log with pink and green frosting designs, if desired.

ROYAL PLUM PUDDING

- 1 16-ounce can or jar (2 cups) purple plums
- 1 package gingerbread mix
- ½ teaspoon salt
- 1 cup light raisins
- ½ cup chopped walnuts
- ¼ cup sugar
- 2 tablespoons cornstarch
- 1 tablespoon lemon juice
- 1 recipe Fluffy Hard Sauce

Drain plums, reserving syrup for sauce. Remove pits and cut plums in pieces. Prepare gingerbread mix according to package directions, adding salt and plum pieces. Stir in raisins and walnuts. Pour into well-greased 6-cup fluted mold. Bake, uncovered, in 375° oven 1 hour. Loosen edges and *immediately unmold* onto plate.

Meanwhile, to prepare plum sauce, add water to reserved plum syrup to make 1½ cups. In small saucepan, combine sugar and cornstarch. Gradually stir in plum syrup. Cook over medium heat, stirring constantly, till mixture thickens and bubbles; cook 1 minute more. Add lemon juice. Serve warm over plum pudding; pass Fluffy Hard Sauce. Makes 10 to 12 servings.

To make Fluffy Hard Sauce: Thoroughly cream together ½ cup butter or margarine and 2 cups sifted powdered sugar. Stir in 1 beaten egg yolk and 1 teaspoon vanilla. Fold in 1 stiff-beaten egg white. Chill.

CHRISTMAS KRINGLE

- ¾ cup butter or margarine, softened
- 1 package active dry yeast
- ¼ cup warm water
- 1 slightly beaten egg
- ¼ cup sugar
- 1 teaspoon salt
- ¾ cup cold milk
- 3 cups sifted all-purpose flour
- 1 egg
- 1 tablespoon water
- 1 recipe Sweet Filling
- ¼ cup finely chopped blanched almonds
- ¼ cup sugar

Roll butter or margarine out between sheets of waxed paper to 10x6-inch rectangle. Chill. Soften yeast in the warm water. In large mixing bowl, combine the beaten egg, the first ¼ cup sugar, the salt, and milk. Stir in softened yeast and the flour. Mix well to form a moderately stiff dough. Roll out on floured surface to a 12-inch square. Place chilled butter in center of square. Fold sides of dough over to cover butter, forming a 12x6-inch rectangle; pinch to seal center seam and ends. Cover and let rest 10 minutes. Roll out again to 12-inch square. Fold in thirds. Wrap dough in foil and chill 30 to 60 minutes; repeat rolling, chilling, and folding the dough two times more.

Cut lengthwise into 3 strips, 12 inches long. Roll first strip out to an 18x4-inch rectangle. Combine the egg and the 1 tablespoon water; brush on rectangle. Sprinkle with ⅓ of the Sweet Filling. Fold to form an 18x2-inch roll; seal edges. Place, seam side down, on greased baking sheet, shaping roll into an oval. Seal ends together and flatten with rolling pin or palm of hand to ½-inch thickness. Brush surface with remaining egg-water mixture and sprinkle with some of the chopped almonds and some of second ¼ cup sugar. Repeat with remaining dough and filling to make 2 more ovals. Let rest at room temperature for 30 minutes. Bake in 375° oven for 25 minutes or till golden. Remove to rack; cool. Makes 3 rings.

To make Sweet Filling: Cream together ½ cup butter or margarine and 1½ cups sugar till fluffy. Stir in 1½ cups light raisins or 1½ cups coarsely chopped pecans.

DUBLIN FRUITCAKE

- 2 cups butter or margarine
- 2 cups sugar
- 8 well-beaten eggs
- ½ cup brandy
- 1 tablespoon rose water
- 1 teaspoon orange extract
- 4 cups sifted all-purpose flour
- 2 teaspoons ground allspice
- 1 teaspoon salt
- ½ cup coarsely ground blanched almonds
- ¾ cup whole blanched almonds
- 3 cups raisins
- 3 cups currants
- ¾ cup candied cherries, quartered
- ½ cup chopped candied lemon peel
- ½ cup candied orange peel
- 2 8-ounce cans almond paste
- 1 recipe Royal Icing

Cream together butter or margarine and sugar. Add eggs, the brandy, rose water, and orange extract to creamed mixture, beating till fluffy. Sift together flour, allspice, and salt; stir in ground almonds. Stir flour mixture gently into creamed mixture. Stir in whole almonds, raisins, currants, cherries, lemon peel, and orange peel. Line bottom of 10-inch springform pan (tube type) with 2 thicknesses of waxed paper; place on baking sheet. Pour batter into pan. Bake in 300° oven for 2½ hours. Cool in pan on rack. Remove sides of pan; remove cake from pan. Cool completely on rack. Store cake in tightly covered container.

To serve, frost with almond paste: Place about ½ of one can of almond paste between layers of waxed paper; roll to a 2½-inch-wide rectangle, about ⅛ inch thick. Press against side of half the cake; repeat with second half of can of almond paste. Roll the second can of almond paste to a 10-inch circle, ⅛ inch thick. Cut out a 1½-inch circle from the center. Place the 10-inch circle on top of cake. Carefully pat sides and top portions of paste together.

Frost with Royal Icing: In small mixer bowl, combine 3 egg whites (room temperature), one 16-ounce package powdered sugar (4 cups), sifted, ½ teaspoon cream of tartar, and 1 teaspoon vanilla. Beat with electric mixer 7 to 10 minutes or till very stiff. Keep bowl of frosting covered with a damp cloth to prevent crust forming. Frost top and sides of cake. Makes 3 cups.

LUCIA BRAID

- 2 packages active dry yeast
- 5 to 5⅓ cups sifted all-purpose flour

• • •

- 1⅓ cups milk
- ½ cup sugar
- ½ cup shortening
- 1½ teaspoons salt
- 2 eggs
- ½ teaspoon ground cardamom

• • •

- Powdered Sugar Icing
- Walnut halves
- Red and green candied cherries

In large mixer bowl, combine yeast and 2 cups of the flour. In saucepan, heat together milk, sugar, shortening, and salt just till warm (115° to 120°), stirring to melt shortening. Add to dry ingredients in bowl. Add eggs and cardamom; mix well. Beat ½ minute on low speed of electric mixer, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a soft dough. Turn dough out on well-floured surface. Knead till smooth and elastic, 8 to 10 minutes; place dough in lightly greased bowl, turning once to grease surface. Cover and let rise till double, about 2 hours. Punch down. Divide dough in half; cover and let rest 10 minutes. Divide each half in 4 parts. Roll 3 parts of dough in 20-inch strands; braid. Carefully form around greased 6-ounce can on greased baking sheet. Seal the ends together. Divide remaining piece of dough in half. Shape in two 20-inch strands and twist together. Place on top of braid. Repeat with remaining half of dough, making second braid. Let rise in warm place till double, about 1 hour. Bake in 350° oven for 25 minutes or till golden. Remove can; while wreaths are still warm, brush with *Powdered Sugar Icing:* Add enough milk to 2 cups sifted powdered sugar to make of spreading consistency. Add 1 teaspoon vanilla and dash salt; mix well. Decorate tops with walnuts and candied cherries. Makes 2 braids.

Snow Ghost Pie®

A tale told to Hershey's

remember when I was a boy, a this handyman who shov- r snow in the winter. c he wasn't your ordinary yan, no sir. He was a i old devil. He was in contact with lepre- witches... trolls... sts.

kids didn't know to be scared of adyman, or laugh Mostly I guess we sared.

one day I got in from school and around while my other did her baking. noontime she poured the chocolate middle into a pie nd when the smell of that te hit me, I swear I nearly from hunger.

e stuck it out on the window- ol and I saw the handyman s ovelling snow and give that lng, slow look. Then I saw his t itch as he got a whiff of the lte and sort of got pulled to- e pie like it was magic.

grandmother was no fool s said, "Hands off that pie. dinner."

the handyman and I hung the pie awhile. It had a crust and fluffy whipped n top but what really got to s he chocolate middle. It was d of middle that melts in outh and warms you from the ut.

he handyman stared at the ooked like he couldn't stand y onger. He leaned over me, t l, and he said, "Sonny, I *snow* ghost who lives in a snowbank who *has* to have a that pie."

s about to ask what kind of ghost lives in a snowbank a s pie when Grandma whipped her pie right out from under our noses and hid it away.

The handyman grabbed me and whispered, "Lissen, when your grandma ain't lookin' get a *big* piece of that pie for the snow ghost, because snow ghosts are mighty big ghosts."

I said I couldn't do that.

He said, "If y'do, the snow ghost will fix it so it keeps on snowin' and you'll get outta school."

I said I still couldn't do it.

He said, "If you don't do it for *me*, the snow ghost'll come out of his snowbank and ask you *himself*."

I said I'd do it.

Sure enough, Grandma thought I'd stolen the piece of pie for myself. She wouldn't believe it was for a ghost. She made me open my mouth wide, and she looked inside to see if there was any chocolate in there. And then she said she believed me. But she said she didn't believe in the snow ghost, not on your life.

Funny thing is, it snowed for a whole week after that and I got out of so much school I got bored.

And next time Grandma made her chocolate pie, she made the whipped cream on top look just like a snow ghost. And when she served it at dinner, there was already a big piece missing.

Only Grandma and I knew why.

To this day, when my wife makes Grandma's recipe for Snow Ghost Pie, we leave a piece for the ghost.

Just in case.



Snow Ghost Pie tastes as good today as it did when Grandma baked it back in '33.

Snow Ghost Cocoa Cream Pie

1 9-in. baked pastry shell or crumb crust
½ cup Hershey's Cocoa
1¼ cups sugar
⅓ cup cornstarch
¼ teaspoon salt
3 cups milk
3 tablespoons butter
1½ teaspoons vanilla
Sweetened whipped cream

Combine cocoa, sugar, salt and cornstarch in a medium saucepan. Gradually blend milk into dry ingredients, stirring until smooth. Cook over medium heat, stirring constantly, until filling boils; boil 1 minute. Remove from heat; blend in butter and vanilla. Pour into pie crust. Carefully press plastic wrap directly onto pie filling. Cool; chill 3 to 4 hours. Garnish with whipped cream.



Hershey's Baking Chocolate and Hershey's Cocoa. They're still 1930's good.

Lots of things have changed, but Hershey's goodness hasn't.

Get Hershey's 1934 Cookbook. 123 recipes for cakes, cookies, pies, breads, beverages, candies, icings and sauces. 96 pages, illustrated in color. Send $1.50 to: Hershey's 1934 Cookbook, Box 5348, Clinton, Iowa 52732.

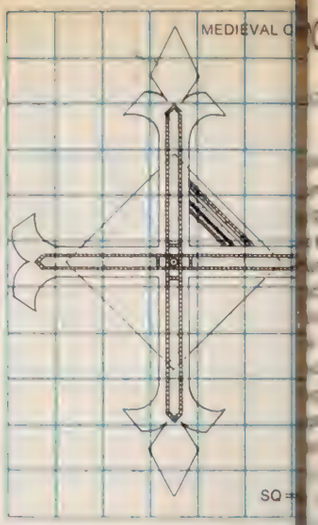


Continued from page 95

press line down centers of arms. Add lines of 1/16-inch gold tape on each side of red and 1/32-inch of black.

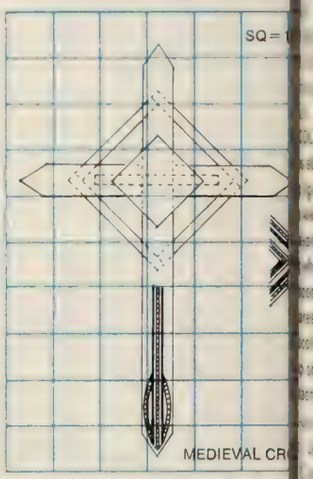
In center, working from edges inward, use same tapes for rows of red, gold, red. On top of aluminum, add rows of black, gold, red, gold, black.

Use contact cement to join arms behind center, then attach diagonals and cross bracing behind arms. Apply two coats of clear mat acrylic medium.

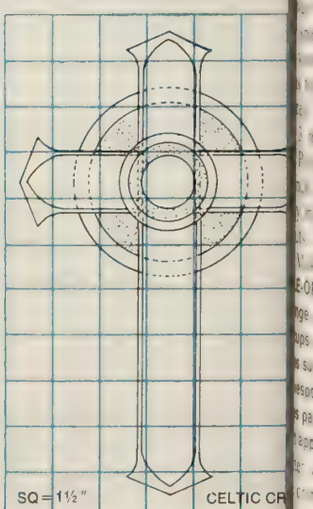


Medieval Cross, center. Paint pared cross and central dia black. Spray royal blue pai piece of self-adhering plastic cut ½-inch strips. Following tern, press strips down cent arms. Edge with red 1/16 charting tape.

Cut a 4⅝-inch square of painted plastic; center it on ce diamond. Press self-adhering a inum square (cut in two piece center of plastic, smooth out kles.



Celtic Cross. Cut cross in one from plywood or pressed boa using pine baseboard, cut hor tal arms separately as indic Cut black circle and central from pressed board. Sand paint flat black.



Decorate parts before a bling. Cut out fabric circles. S

Continued on page

Our Sunbeam Cook 'n' Clean Cradle.



We put it underneath for one of the reasons we put Teflon II inside.



Model FP6P

You know how Teflon II keeps food and grease from sticking when you cook on it. So it washes clean and fast, easily.

But what about the underside of your frypan? It's not protected at all. So the grease and food spatter gets baked-on. More and more every time you use it.

That's why Sunbeam has introduced the Cook 'n' Clean Cradle. A metal shield that helps keep the grease from baking on, because it's enamel coated. So your frypan washes clean and fast, even in the dishwasher.

Test fry the Sunbeam Frypan. In overall Avocado (shown), Harvest Gold or Red porcelain finish. All with Teflon II inside and the Cook 'n' Clean Cradle underneath. Only Sunbeam has it.

At Sunbeam, good enough is never good enough.

Built with Integrity Backed by Service

Sunbeam

© 1977 Sunbeam Corporation. Sunbeam, The Cook 'n' Clean. "Teflon is DuPont's trademark for its TFE non-stick finish.

AND CHERRY BRITTLE
cups sugar
p light corn syrup
up water
-ounce can (2½ cups)
lted mixed nuts
ounce container red or
een candied cherries,
lved (½ cup)
lespoons butter or
argarine
spoon vanilla

3-quart saucepan, combine r, corn syrup, and water. over medium heat till sugar lves. Continue cooking, out stirring, till candy ther- eter reaches hard crack : (300°). Meanwhile, in 13x inch baking pan, combine and cherries. Heat in 350° for 10 minutes; keep warm. n syrup reaches 300°, stir uts, cherries, butter or mar- ie, and vanilla till butter . Immediately pour onto red jelly roll pan; spread kly with wooden spoon. e pan on cooling rack. Let l about 1½ hours. Loosen break into pieces. Makes 2 ds.

COLATE DIVINITY
s sugar
light corn syrup
water
aspoon salt
whites
spoons vanilla
ares (4 ounces) unsweetened
ocolate, melted
p coarsely chopped
stachio nuts

-quart saucepan, combine r, corn syrup, water, and Cook, stirring constantly, sugar dissolves. Continue ing over medium heat with- stirring to hard ball stage °). Meanwhile, in large mix- owl, beat egg whites till stiff s form. Gradually pour syr- over egg whites, beating at speed on electric mixer. vanilla and beat till candy s to hold its shape, 5 to 6 tes. Beat in chocolate; beat 3 minutes more, if neces- Pour into buttered 15x10x nch jelly roll pan. Spread ly in pan. Top with pistach- uts. Cut in squares when Makes about 36 pieces.

E-ORANGE MARMALADE
nge
ups water
s sugar
lespoons lemon juice
s pared, coarsely chopped,
t apple (10 apples)

ter orange; remove seeds. orange very thin. In large , heat water and sugar till dissolves. Add lemon juice, l orange, and chopped apples. Boil rapidly, stirring constantly, till mixture thickens, 12 to 15 minutes. Remove from heat; ladle into hot, clean jars leaving ½-inch headspace. Seal at once. Makes 6 half-pints.

CRAN-PINEAPPLE JELLY
3 cups cranberry juice cocktail
1 cup unsweetened pineapple juice
⅓ cup lemon juice
1 1¾-ounce package powdered fruit pectin
5 cups sugar

In very large saucepan, combine fruit juices with pectin. Stir over high heat till mixture boils hard. Immediately stir in sugar. Bring to *full rolling boil;* boil hard 1 minute, stirring constantly. Remove from heat; skim off foam. Pour into eight hot, clean jelly glasses, leaving ½-inch head-

Continued

NABISCO ®

THE NABISCO MUNCH IS ON!™

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News From a Recent Diggers Munch

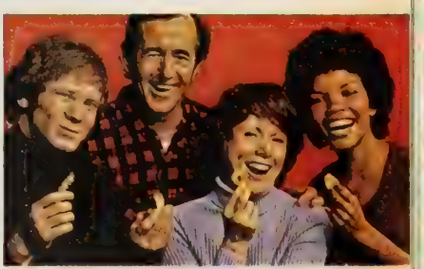
Old and young alike were seen digging into Diggers and digging Diggers into dips. These delicious Nabisco snacks are not like crackers and they're not like chips. They're little corn shovels and they taste hot popped...when you dig into Diggers, you're done for!

Many Munchers Marvel at Magnificent Lightness of Chipsters Potato Snacks.

A record crowd gathered at a recent Chipsters Munch to enjoy the Original Light, Slim Chip. Nabisco's crisp Chipsters have that great potato taste without the grease... they're light as air—you'll love to eat them everywhere!

Entire country seen munching delicious snacks from famous cookie cracker and snack maker.

That's how the Famous Cookie, Cracker and Snack Maker got to be Famous—by making the best made, best tasting goodies available. And that's why people are gathering in hordes (or in Groups of One) to get in on the fun of eating scrumptious, scrunchy Nabisco Snacks. The Big Munch is on!





Flings Fan Flinging Fling

Flings Fans Fling Flung Last Week

Enthusiastic reports from the ever-popular Flings Munch poured in, alleging that crispy, cheddar-y, cheesey Flings are the perfect things with snacks, meals or by themselves!



New Twist Revealed at Latest Korkers Munch



Korkers krunchers from all over agreed that the only way to unwind was to get all twisted up in a krunchy box of Korkers Corn Snacks. Fans vow Korkers also ideal for twisting one's way through dozens of different dips.



Korker Korker Principle





Food gifts *Continued*

space at top. Seal at once. Makes eight 6-ounce glasses.

CINNAMON APPLE JELLY

3 pounds apples (10 to 11 apples)
About 5 cups water
3 cups sugar
1 drop oil of cinnamon
1 or 2 drops red food coloring

Wash fruit; remove stem and blossom ends. Do not pare or core. Cut apples into small chunks. Place in large kettle or Dutch oven. Add enough of the water just to cover. Cover and bring to boiling over high heat. Reduce heat and simmer till apples are soft, 20 to 25 minutes. Strain juice through jelly bag. Measure 4 cups juice. In large kettle, stir together the juice and sugar till dissolved. Bring to *full rolling boil* over high heat. Boil hard till syrup sheets off a metal spoon, 10 to 12 minutes. Remove from heat; skim off foam. Add oil of cinnamon and food coloring. Pour into hot, clean jelly glasses, leaving ½-inch headspace. Seal at once. Makes about four 6-ounce glasses.

HOMEMADE MARZIPAN

2⅔ cups blanched almonds (12 ounces)
2 slightly beaten egg whites
2 teaspoons almond extract
4½ cups (1 pound) sifted powdered sugar
2 to 4 tablespoons orange juice or orange-flavored liqueur

In food grinder, using finest blade, grind almonds four times. Combine ground almonds, egg whites, extract, and powdered sugar. Add juice, 1 tablespoon at a time, till mixture becomes easy to handle. Knead with hands till smooth. Form into desired shapes—fruits, vegetables, flowers—using hands or small molds. Let stand on waxed paper to dry. Color with food coloring that has been diluted with a little water; use cocoa powder, dry and diluted for brown tones (on potatoes or mushrooms). Allow to dry. Keep refrigerated. Makes about 2 pounds.

TOFFEE DROP COOKIES

1 cup butter or margarine
1½ cups packed brown sugar
2 eggs
¼ cup milk
2 teaspoons vanilla
3½ cups sifted all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon baking soda
6 1⅛-ounce English toffee candy bars, chopped (1½ cups)

Cream together butter or margarine, brown sugar, eggs, milk, and vanilla till fluffy. Sift together flour, baking powder, salt, and soda; add to creamed ingredients in bowl. Blend well. Stir in 1 cup of the chopped candy; reserve remainder. Drop from teaspoon 2 inches apart on ungreased cookie sheet. Sprinkle with remaining candy. Bake in 375° oven for 10 to 12 minutes. Makes about 5 dozen.

SESAME SEED TOFFEE

1½ cups (8 ounces) sesame seed
½ cup butter or margarine
1 cup light corn syrup
2 cups sugar
1 teaspoon vanilla
½ teaspoon salt

Spread sesame seed on large baking sheet; toast in 350° oven till lightly golden, about 10 minutes, stirring often. In 3-quart saucepan, melt butter or margarine; stir in corn syrup and sugar. Cook and stir over high heat till candy thermometer reaches soft crack stage (290°). Remove from heat and stir in sesame seed, vanilla, and salt. Immediately pour onto two buttered 15x10x1½-inch jelly roll pans; spread out thinly. Cool. Break into bite-size pieces. Makes about 2 pounds.

APRICOT-FILLED CHOCOLATE SPRITZ

2 squares (2 ounces) unsweetened chocolate
¾ cup butter or margarine, softened
½ cup sugar
1 egg
2¼ cups sifted all-purpose flour
½ teaspoon salt
1 teaspoon almond extract
½ cup apricot preserves, sieved
½ cup chopped blanched almonds
2 tablespoons sugar

Melt chocolate over low heat; cool. Cream together butter or margarine and ½ cup sugar. Add egg. Beat well. Stir in cooled chocolate. Sift together flour and salt. Add flour to chocolate mixture with almond extract. Mix till well blended. Place dough half at a time in cookie press. Using ribbon plate, make four strips of dough 12½ inches long on ungreased cookie sheet. Spread each strip with about 2 teaspoons apricot preserves. Press out second strip of dough over filling. Combine almonds and remaining sugar. Sprinkle half the mixture over strips. Cut into 2½-inch bars. Repeat with remaining dough, apricot preserves, and almond-sugar mixture. Bake in 400° oven for 12 minutes. Makes 40 cookies.

When your man was a little boy, he had to be coaxed to eat his vegetables. Now that you've got Birds Eye® Combinations he doesn't.



Before After

Oh, the things mother had to go through to get your man to eat his vegetables when he was a boy.

At Birds Eye, we never forget the little boy who lives inside every man.

That's why we've come up with Birds Eye® Combinations: 20 interesting vegetable combinations a man can love.

Our beans aren't just beans. We add selected seasonings...and then, something extra: toasted almonds.

When we prepare our broccoli spears, we even add hollandaise sauce.

Tomorrow night, zip up your man's meal with some Birds Eye Combinations. They're nothing like the vegetables he had when he was a boy.

The vegetables mother never had.



 Continued from page 104

glue on prepared disks and wipe away excess, leaving thin film. Smooth fabric on. Use toothpick to trail glue around fabric and press yarn into glue. Adjust rows evenly and smooth fibers in place with moistened toothpick. Outline large circle with row of yellow, two rows red, one row black. Outline small circle with one row red, one row black.

Cut one motif from braid and glue in center of small disk. Outline with black yarn. Trim ends of braid so pattern is alike on each arm. Attach to form with glue and outline with red yarn.

Glue part together with white glue and weight until dry.

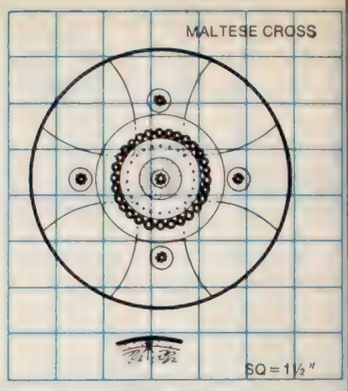
Maltese Cross, bottom. Place inner circle from wooden embroidery hoop on plywood and draw around inside rim with sharp pencil. If hoop is irregular, mark arrows on both hoop and plywood as guides for putting pieces together.

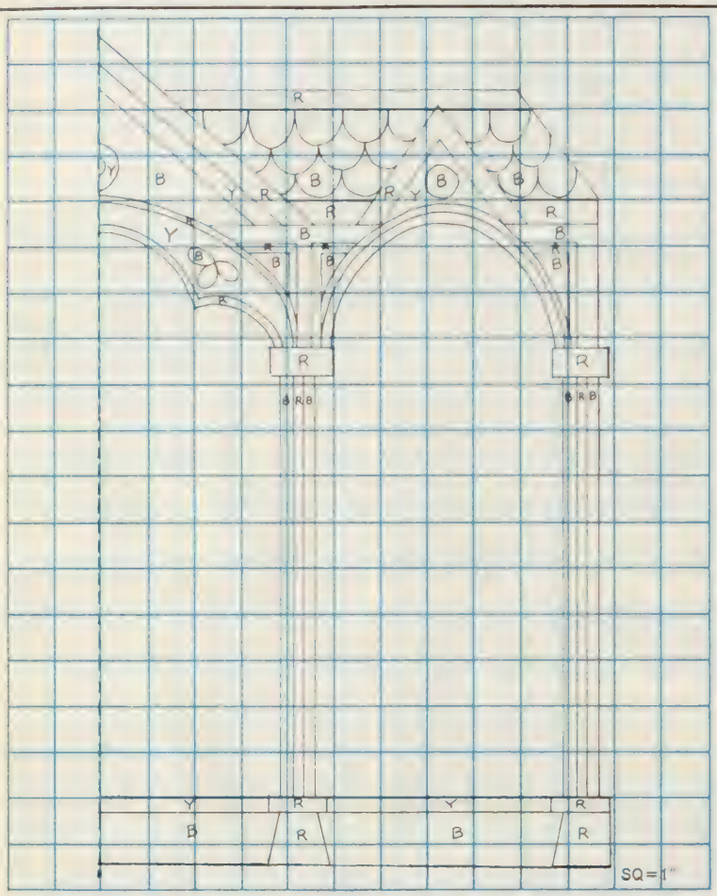
Mark rest of cross pattern on wood, cut out, and texture by hammering small objects against surface. Stain brown, then paint edges and hoop black. Use contact cement to fasten cross inside hoop. Reinforce with tiny wire nails.

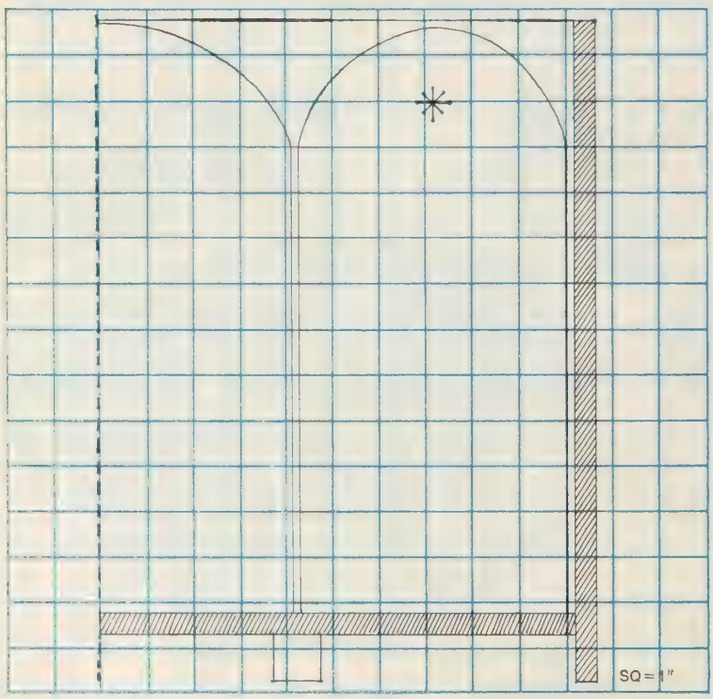
Cut out large and small circles from mat board or pressed hardboard. Paint large circles medium blue, small circle red, edges black. Cut out a 2¾-inch circle from a can top; indent spots for gimp nails before perforating with drill or large nails. Hammer lightly to flatten burrs.

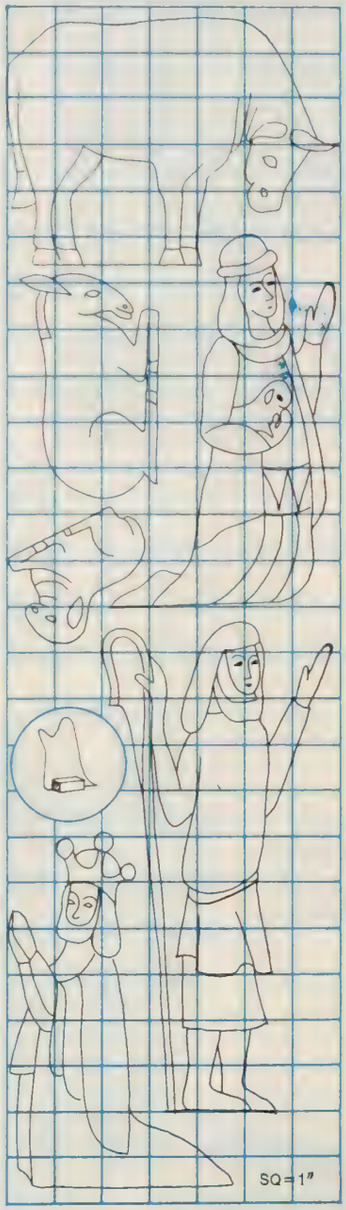
Attach large circle, tin circle, and small center circle in place with cement. Secure washers with epoxy and hammer tack in centers as shown. Hammer in gimp nails, leaving elevated about ⅜-inch.

Press circular labels in place and hammer upholsterer's nails in the centers.











Renaissance Creche *page 44:* Cut figures from ⅛-inch plywood, following patterns. Paint with gesso. Trace details on figures; glue black cord on outlines, enclosing each color section.

When glue is dry, mix a cold enameling medium like Boss Gloss as directed and apply to figures. Mix in small quantities (3 parts polymer to 1 part curing agent) using ¼ teaspoon measure.

Allow figures to set up completely 5 to 6 days. Glue 1x1-inch wood blocks on lower back edges for stands.

Cut all stage parts following diagram. Mark on patterns.

Glue white string over all lines. Dry and paint with gesso. Nail side ends to back of stage front, risers to bottom. Position stage and nail to front. Apply Boss Gloss and let harden.

For the back panel, outline areas according to pattern. Or, if you prefer, paint panel blue, then add stars in white. Nail back to sides.

Continued on page 112

"I have eaten enjoyed Quaker Oatmeal since hildhood and it been a staple uct in my home now my children with me in ing this good ine old friend."
Raleigh Mathis

"I am a ninth er and I am ing about on. I would commend on your great uct, Quaker Not only it have good nts such as ins, fats, and ohydrates; but ood in many es like cookies."
Miss Brenda Lawson

"Just a note to tell you how pleased I am with your product, "Instant Quaker Oatmeal". It's so nice to have a cereal that is so nourishing and yet so very convenient."
Mrs. Vickie Wyatt

"I have often wished that hot cereal could be made as appealing to young children as are candy, soda, and other non-nutritional snacks.

Well, thank you! My children love your Instant Quaker Oats Oatmeal. Would you believe that Nicholas, aged 9, said last night, "I can't wait until tomorrow—so I can have another dish of oatmeal."
Mrs. Joseph Nocca

"My son, Byron, age 12, has eaten at least 3,285 serving (not cereal) bowls of oatmeal.

I arrived at this figure by saying he started at approximately age 3."
Mrs. Cassandra Pruitt

People like myself were ght up on your regular Oatmeal. now 24 years old and still your Oatmeal. My daughter, age ars, loves it even more, and will our marvelous Instant Oatmeal.

Bless you Quaker for making akfast really worth eating. e a newborn baby now and ve me I know she too will be an eal fan.

I think solved a big breakfast dilemma you made such an appealing ."
Mrs. Dennis Egan

"Just a note to tell you how much se your Quaker Oats in our king. I have a 4-H Cooking up (22 children). At our nutrition rams and cooking meetings we urage good eating habits. We urage the girls to use Quaker in cookies, meatloaf, etc. Even the kids snack they are getting esome food."
Mrs. Joseph Miale

"After years of using the big round box of ker Oatmeal I thought I would buy Instant eal and am I glad I did.

We all just love it. What's nice is that it's so easy to fix that even my hubby s his own—and believe me that's saying something. It's wonderful—just thought might like to know—A Quaker friend."
Mrs. William Braun

"I want to thank you for making Oatmeal. I have a three year old son that eats at least 5-6 dishes a day. He really loves it."
Mrs. Wanda Denslow

"It's so nice to know you have a good cereal to serve your family."
Mrs. R. T. Soltys

"Every cold morning I have Quaker Oats.

Not only because they warm me up, but because it's delicious."
Master Scott Forest



The more they eat the better you feel.

"I'm feeding my two children Quaker Oats, like my mother fed her three girls.

Thanks for helping an average family eat a nourishing breakfast for such a little cost."
Mrs. Shirley Houchins

"Thank you very much for solving my problem with my children. One day I decided to get the Instant Oatmeal for a change, especially Spiced Oatmeal, now I don't have to stand over them any more.

They eat with a smile, love their breakfast."
Mrs. Henry M. Brinkley

"I am a member of "Weight Watchers". Their new program allows us 1 oz. of hot cereal for breakfast. Your pre-measured packages of Instant Oatmeal have been such a help to me, I couldn't wait to tell the girls at our meeting.

We're always looking for "short cuts" to help us stay on our diets. This is the greatest one I've found."
Mrs. Phillis Montana

"Our son has been eating Quaker Oats since he was a real small boy. It sure keeps me happy, because when he has had a good breakfast before he goes to school I don't have to worry so much."
Mrs. Frank Premo

"I'm not exactly a health nut but I do like to have things that taste good and are good for me, too! Your old-fashioned Quaker Oats ranks first in the cereal category in my book."
Mrs. Rita Marie Kunkle

"I have ate your oatmeal as long as I remember. It tastes so good. I have seconds every morning.

My brother and sister love it, too. I'd like to know if you would have a part in one of your commercials.

I'm 11 years old.

Please write back because I think I could make people try it. I know they will like it because I love it. Please write back and give me your answer."
Master Billy Graham

"My children just love Quaker's flavored oatmeal on the week-ends because it gives them warm tummies and happy faces. The animal pictures make for choices among packages and usually leads to a day at the zoo. I like Quaker's flavored Oatmeal because it gives them nourishment for the longer week-end activities."
Linda Fell



Quaker Oatmeal



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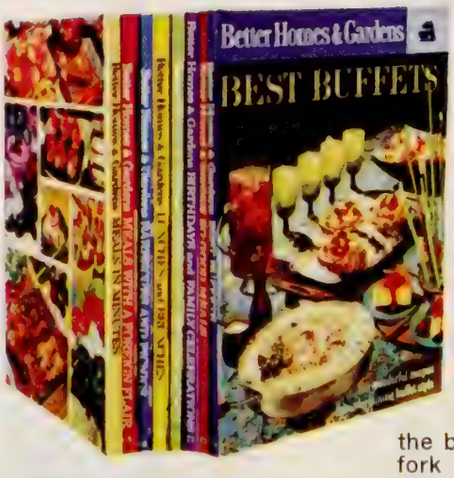
There are eight hard-cover recipe books from the editors of Better Homes and Gardens in this series. Each 60-page book has full color pictures throughout with hundreds of recipes and ideas. The books regularly retail for $1.29 each. Choose any two, four or all eight books in this special offer—at savings up to $5.07 on the set of eight.

Proof of purchase of a Family Food Ideas advertised product must accompany the order for each book. Use a label, the brand name cut from a package, wrapper, or plastic lid, or copy the brand name from the product on a sheet of plain paper.

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Use the convenient coupon above for ordering

Best



When guests outnumber the places at your dining table, buffet serving is a natural.

But whether you are serving 5 or 50, buffet-style dinners are fun. They simplify the whole affair and result in a relaxed and enjoyable meal for everyone (especially the hostess).

While a buffet works well for any occasion from a backyard supper to an elegant formal dinner, it may perform best all at Christmas time. no other time of year is so easy to have a dazzli buffet. Just a few tric add the festive note—li holly sprigs atop a cass role and tree ornamen twinkling among the ro

There's no hard and fa rule for setting a buff Simply arrange it attra tively and avoid crowdin Place serving dishes make it easy for guests help themselves. Oft big dishes are placed the center at each end the buffet table with a servi fork or spoon alongside ea food that's offered. Place e tras, such as sauce, near fo they accompany.

For a buffet you can go fan and use your best china or ke it casual with simple acce sories. It's all up to you.

Guests may eat from ca tables, small tray tables or la style from trays. If guests are sit at tables, have the places s ahead with linens, silver, glas

Christmas in

Lipton Onion Soup AND FOR CALIFORNIA DIP



This year, party the way the Swiss do. With fondues and dips and holiday tidbits. And while you're at it, invite your friends.

With Lipton® Onion Soup Mix, your budget's safe and your time's your own. Lipton mixes just the right amount of onion with just the right blend of seasonings. This way, you can turn out a tableful of little miracles in nothing flat.

MISTLETOE DIP
2 cups Lipton California Dip*
1 medium tomato, chopped
1 small green pepper, diced
⅛ teaspoon dill weed

In medium bowl, blend Lipton California Dip with tomato, green pepper, and dill; chill at least 1 hour. Makes about 2½ cups dip.

*Lipton California Dip: Blend 1 envelope Lipton Onion Soup Mix with 1 pint dairy sour cream.

ALPINE CAPS
24 medium fresh mushrooms
¼ cup butter or margarine
1 envelope Lipton Onion Soup Mix
¾ cup dry bread crumbs
½ cup chopped blanched almonds
⅓ cup sherry
2 tablespoons melted butter
¼ cup grated Parmesan cheese

Remove stems from mushrooms; chop finely and set aside.

In medium skillet, melt butter, add stems an cook until tender. Add Lipton Onion Soup Mi bread crumbs, and almonds; mix well. Stir in s

Fill caps with onion mixture; place cap side on well-greased pan; brush with butter and sprinkle with cheese. Broil 5 minutes.

Serve on toast rounds if desired.

Makes 24 appetizers.



Buffets

FAMILY FOOD IDEAS

ware and salt and pepper shakers.

Beverages are usually served from the buffet or a side table. Dessert can also be arranged on side table, although the buffet an be cleared for the dessert. Dessert can also be passed to uests seated at tables.

When planning the menu, ick foods that can wait. Late uests should not upset the neal. The good hostess can pick he time for serving when conersation lags and guests are ungry. Foods that are ready nd waiting also allow relaxed elcoming of guests.

Ham is one of the most ideal oods for your buffet. Make it ven easier to serve by asking our meat man to slice a canned am on his slicing machine and e it with cord for you. Bake the liced and tied ham in a slow ven (325°) according to label irections. Fifteen minutes beore baking time is up, set oven t 350° and spoon Currant laze over ham; continue bakng about 15 minutes, basting everal times with the Glaze. Place ham on serving platter; remove cord.

Currant Glaze: Heat and stir ½ cup currant jelly and 2 tablespoons sherry till jelly melts. Spoon over ham as described.

A tray of fruits looks beautiful and goes well with nearly any buffet meal. Arrange colorful fruits on your prettiest platter. Canned spiced crab apples, peach halves filled with cranberry-orange relish, cheese-stuffed pears, whole apricots, pineapple slices, stewed prunes, preserved kumquats and frosted grapes can all be arranged on a lettuce-lined platter.

To frost the grapes, dip small bunches of grapes into slightly beaten egg white and drain off excess. Dip in sugar. When dry, add to fruit arrangement on platter.

These ideas are all from the Better Homes and Gardens Creative Cooking Library book Best Buffets. The book includes 110 recipes for entertaining buffet style.

Best Buffets is a problem solver. Entertaining in all forms is made easy with complete meal plans as well as recipes. Plan-ahead potlucks are destined to be successful with delicious foods prepared in easy-to-tote pans. Using refrigerator and freezer to store make-ahead dishes provides a take-it-easy buffet.

Buffets for a crowd are simplified with menus and recipes for 16 or 24 people. Elegant fare is planned around franks and burgers. Guidelines for regional and foreign themed meals are given.

When your family starts planning to entertain, check on the ideas presented by the Family Food Ideas advertisers below and on the following pages. Order a stockpile of ideas by sending for the Creative Cooking Library books now being offered at special savings by the Family Food Ideas advertisers.

Deadline for cook book orders is March 31, 1973. This is the last time Family Food Ideas advertisers will offer this series of cook books.

ADVERTISERS

Lipton Soup Mixes

Kellogg's Corn Flake Crumbs, Borden's Eagle Brand and None Such Mince Meat

Nestle Taster's Choice

Grocery Store Products—B in B Mushrooms and Kitchen Bouquet

Hellmann's/Best Foods Real Mayonnaise

Rath Packing Company

Brach's Candy

Fleischmann's Margarine

Kellogg's Rice Krispies

Banquet Salisbury Steak

SPAM Spread

Chef Boy-ar-dee Pizza Mix

Ore-Ida Frozen Potatoes

Hunt's Tomato Sauce

Heinz Great American Soups

Stouffer's

Hormel Canned Ham

Switzerland

HOLIDAY FONDUE

1 envelope Lipton Onion Soup Mix
2 cups dry white wine
1 pound Swiss cheese shredded
French bread, cut into bite-size pieces
2 tablespoons cornstarch
2 tablespoons kirsch

In medium saucepan, combine Lipton Onion Soup Mix and wine; heat slowly.

Combine cheese and cornstarch. When wine begins to simmer, add cheese gradually, stirring until completely melted after each addition. Stir in kirsch.

To serve: Remove to fondue pot or chafing dish. Spear bread cubes; then dip and stir into the fondue.

Variation: Substitute 2¼ cups apple juice for wine and kirsch.





New Recipe!

Ever-so-easy Fruitcake

Just measure, mix, and bake. It's that easy to prepare this delicious, homemade fruitcake. A cake with a taste and texture so special you'll serve it over and over again.

- 3 eggs, slightly beaten
- 1 can Borden Eagle® Brand Sweetened Condensed Milk (not evaporated milk)
- 2⅔ cups (one 28-oz. jar) Borden None Such® Ready-to-Use Mince Meat*
- 2 cups (1-lb. jar) mixed candied fruit
- 1 cup coarsely chopped nuts
- 2 cups Kellogg's® Corn Flake Crumbs
- 1 teaspoon baking soda

Butter a 9-inch tube pan. Line with waxed paper; butter again. In a large-size bowl, combine eggs, sweetened condensed milk, mince meat, fruits and nuts; mix well. Add Corn Flake Crumbs (only Corn Flake Crumbs will do) and baking soda; blend well. Turn into prepared pan. Bake in a slow (300°F.) oven two hours (or until a cake tester comes out clean). Cool in pan for five minutes. Turn out of pan; remove paper. Cool.

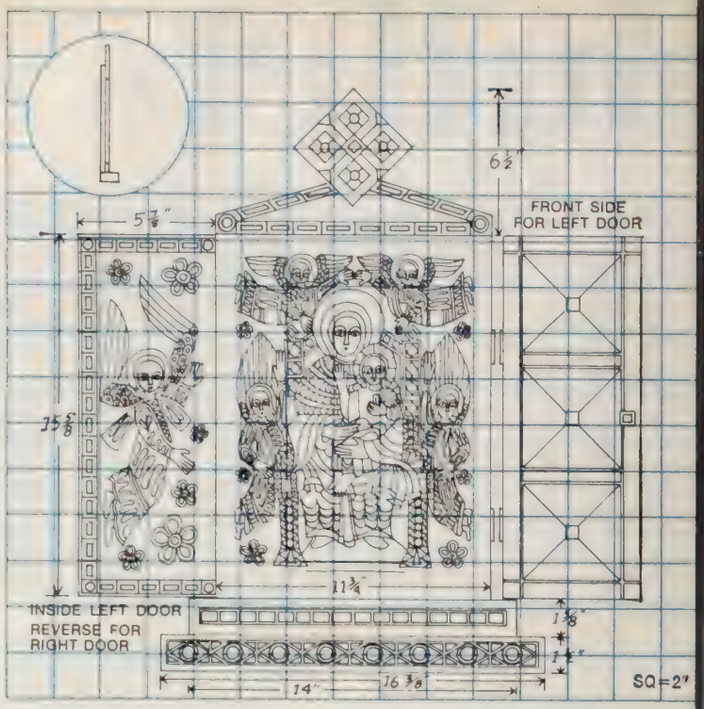
If desired, decorate with glazed cherries.

To store: wrap well in aluminum foil and refrigerate or freeze.

*To use 9-oz. box of None Such Mince Meat, crumble two (2) packages into saucepan; add 1½ cups water. Cook, stirring to break lumps; boil one minute. Cool.



FAMILY FOOD IDEAS



Triptych *page 42:* Use weathered wood with soft, even grain (redwood). Cut diamond top ½x11¾x 6½ inches, central panel ½x20x 11¾ inches, two doors ½x5⅞x 15⅝ inches, base top ¾x1½x14 inches, base bottom 1½x3x16⅜ inches.

Sand design areas lightly. Tape pattern over carbon paper to wood and trace. Heat wood-burning tool and burn outlines into wood. Repeat several times for areas of deepest depressions. In backgroun place wedge-shaped side of woo burning tip against wood, cove ing entire area and overlappi burns. Paint with acrylic pai Burn door fronts, base pieces, a top.

Glue and nail top diamond back panel as shown. Glue and n base pieces together and back pa el to base. Hinge side panels back panel. Add knobs to do fronts.

Decorated Eggs *page 46: Flowerpot Egg:* Carefully punch hole into ends of egg with needle and blow contents out. Cut hole at each end with craft knife or razor blade. Glue stem from broken wine glass into one end. Paint egg with tempera paints, trim with felt tip pen. Insert flowers in top.

Hanging Eggs: Trim plastic eggs with jewels and paint, drawing design on first with pencil. Glue gold cord onto one end.

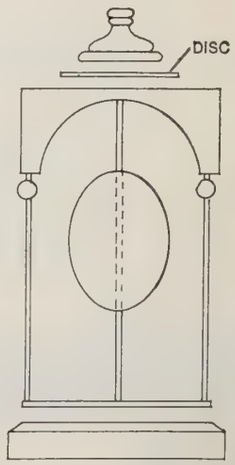
Standing Egg: First bore hole through bottom of hosiery-package plastic egg and insert stem from broken wine glass. Secure with white glue. Paint design with tempera; spray with clear plastic.

Egg Cage: Assemble case from precut wooden base, ⅛-inch dowels, cardboard, copper disk (used for copper enameling and available at hobby shops), and wooden turned knob.

Cut four sides and a square top from cardboard, following pattern. Glue parts together. Cut cardboard to fit top of wooden base. Glue beads to centers of four dowel posts. Glue posts into inside corners of top and onto corners of cardboard base. Paint with white latex wall paint.

Blow contents from egg. Transfer wallpaper design from paper to egg by pencil; paint with tempera paints. With small scissors enlarge holes at each end of egg to accommodate ⅛-inch dowel rod cut to height of case. Paint dow white, then push through egg a glue in place. Glue to inside case.

Place cardboard structure wooden base and glue on. Gl copper disk on top of base, a glue on wooden knob.



Bottle Tree Ornaments *page 4* Cut tops off two identical plas jugs or bottles and glue togeth at cut edges.

Remove lid from one half bottle. Perforate top with very h large needle. Thread cord throu hole and tie knot on inside of c to hold. Replace cap on bottle.

Continue



TASTER'S CHOICE® AKES FRESH COFFEE IN SECONDS.

OUR COMPETITION IS STILL BOILING.

FAMILY FOOD IDEAS

When's the last time your family got excited about meat loaf?



Introducing B in B's Beef Loaf Wellington, the end of meat loaf boredom.

Light, savory, juicy.

And a feast for the hungry eye.

What adds extra excitement to this dish is the choice B in B Mushrooms.

Tender, elegant mushrooms broiled at the peak of their flavor in pure, creamy-fresh butter. Then, packed in their own buttery broth, broth you add for extra moistness and flavor. Not "throw-away" salt water brine like most other mushrooms are packed in.

Now for the excitement.

B in B Beef Loaf Wellington

1 can (6 oz.) or 2 cans (3 oz.) B in B Sliced Mushrooms including broth
1-1/2 lbs. ground chuck
2 eggs, slightly beaten
1/4 cup chopped onion
2 tablespoons chopped green pepper
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup packaged biscuit mix
1/8 teaspoon poultry seasoning

Drain mushrooms, save broth. Lightly mix together meat, mushrooms (save a few for garnish), 2 tablespoons mushroom broth, eggs, onion, green pepper, salt and pepper. Form into 10 x 3-1/2-inch loaf in shallow pan, at least 12 x 8 x 2 inches. Stir biscuit mix, poultry seasoning and 1/4 cup mushroom broth together to make soft dough. Roll into 12 x 8-inch piece. Cover top and sides of loaf with dough, saving bits of dough to make garnish. Arrange dough bits on top of loaf. Bake in 375° oven, 45 minutes. Lift loaf onto serving platter. Garnish with mushroom slices. Makes 4—5 servings.



Free Recipe Booklet. 32 pages of mushroom magic. For your copy, send label from any B in B Mushroom can with your name and address to B in B Mushrooms, Dept. BHG1272, P.O. Box 553, West Chester, Penna. 19380.

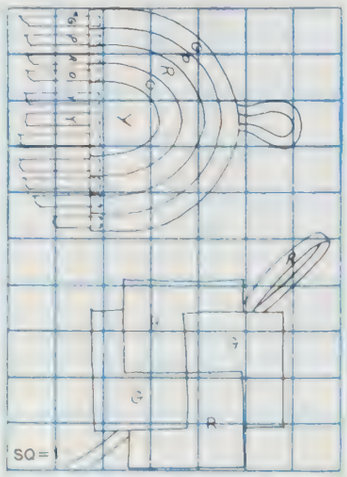
They're not just mushrooms. They're broiled in butter.

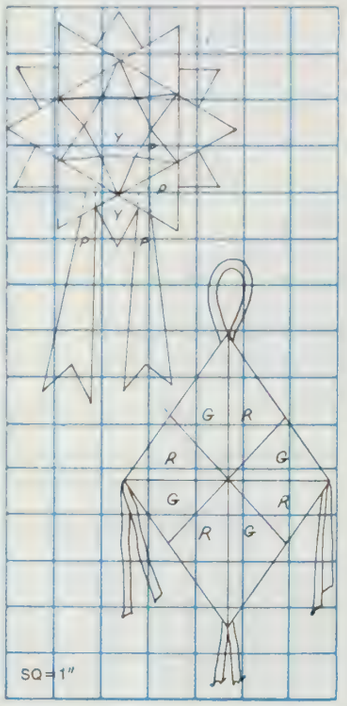
FAMILY FOOD IDEAS

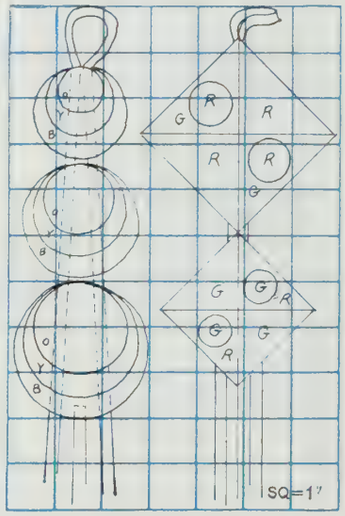
Christmas how-to *Continued*

Suspend ornament using hanging cord and paint by first spraying all over with one color, then with a second, holding can close to ornament. Spray in short bursts until paint runs. Apply additional colors in same manner. Add details with felt pens.

Leather Ornaments *page 46:* Using scraps of suede, cut out patte parts with craft knife or sing edged razor. Apply leather-cr cement following manufacture directions and glue parts togeth When adding fringe, taper one e so that it is thinner and glue t tween sections of design. Pie fringe by skiving one edge of ea piece and glue thinned areas gether.







Crocheted Pocket Ornamer *page 47: Materials:* (same for small amounts plain and varieg ed worsted (4 ply) yarn; size I c chet hook.



Square Diamon (Make 2 sqs) Sta ing at center, w first color ch 4, st to first ch form ring. *Rnd* ch 3 (counts as dc), 3 dc in cen of ring, ch 1, * dc in center of ri ch 1. Repeat from * 2 times. Sl to top of ch 3 to join (16 dc all). Fasten off. *Rnd 2:* Attach s ond color in any ch-1 corner, 1 ch 2, 1 sc in same sp, * 1 sc top of next 4 dc, 1 sc in ne ch-1 sp, ch 2, 1 sc in same sp. R peat from * around, sl st to fi sc. Fasten off. *Rnd 3:* Attach 3 color in corner sp, ch 3 (counts 1 dc), 1 dc in same sp, ch 2, 2 in same sp, * 1 dc in each of ne 5 sc, 2 dc in next corner sp, ch 2 dc in same sp. Repeat from around, sl st to top of first dc. Fa ten off. *Rnd 4:* Attach 2nd color corner sp, 1 sc in same sp, ch 2, sc in same sp, * 1 sc in next 9 sps, 1 sc in next corner sp, ch 1 sc in same sp. Repeat from around sl st to first sc. Fasten o Assembling: Place squares wro sides together and mark openi 2 inches down from top point either side. Whipstitch sides gether leaving open between mar Attach yarn to one top corner, 15, fasten to top corner of opp site square to form hanger. Ma 36-strand, 3-inch-long tassel. A tach to bottom point of diamon *Cornucopia* (not shown): Croch square as above 1 inch larger around. Bring two opposite corne together and whipstitch seam form cornucopia. Attach tassel bottom point. Fasten 1-inch bra ring to top point.



Square With Frin (4½ inches witho fringe) Need inch silver bell f front of bag. Wi variegated yarn 30, sl st to first (top of bag), ch **Rnd 1:** 1 sc in ea ch around, sl st first sc (30 sc), ch 1. **Rnds through 9:** * 1 sc in each around, sl st to first sc (30 sc), 1. Repeat from * for each rn On rnd 9 omit ch 1. Fasten o **Rnds 10 through 13:** Attach pla color yarn and repeat rnd 2. rnd 13 omit ch 1. Fasten off. **Rnd 14 through 17:** Attach variegat yarn and repeat rnd 10. On rnd 1

Continue



or people who can't leave well enough alone, ook what you can do with a Banquet Salisbury Steak.

Salisbury steak. Great as it comes from the Banquet package and ybe even greater when you fancy it up. All you need are a few minutes l this easy recipe:

Take one Banquet Salisbury Steak Dinner from your freezer. Heat 25 utes, then add ½ crushed garlic clove to gravy. Add orange juice to atoes, top with grated orange rind. Add a pinch of thyme to peas and ots, top with butter. Saute Salisbury Steak in Worcestershire sauce, er and oregano, then heat dinner for additional 10 minutes. Banquet. en you start with great food you end with a great meal.

quet Foods Corporation, St. Louis, Missouri 63101



FAMILY FOOD IDEAS

WITHOUT BROILING AWAY JUICES AND FLAVOR

When you spend good money for lamb chops, you don't want them to shrink and shrivel in the broiling. So try this:

After trimming excess fat, brush both sides and edges with Kitchen Bouquet and let stand 10 to 15 minutes. Broil four inches from heat. When two-thirds done, brush again.

Kitchen Bouquet's special blend, with delicate herbs and spices, helps seal the good lamb juices and flavor inside while it helps chops broil dark and crisp on the outside. Broil ten minutes for each inch of meat's thickness. Result: chops that are chop-licking good.

Kitchen Bouquet works wonders for steak and poultry, too, broiled indoors or out. And as good cooks have known for years, Kitchen Bouquet is the secret of successful gravy. Just stir in a teaspoonful and the palest gravy turns rich, rich brown. Keep a bottle in *your* kitchen.



Free Recipe Booklet. 32 pages of delicious, main course dishes, gravies, marinades. Just send Kitchen Bouquet boxtop with your name and address to Kitchen Bouquet, Dept. BH122, P.O. Box 88, Lancaster, Penna. 17604.



KITCHEN BOUQUET

FAMILY FOOD IDEAS

omit ch 1. Fasten off. **To finish:** Attach plain yarn to top of bag in first ch st sp. 1 sc in each sp around, sl st to first sc. Ch 25 and attach to opposite side of bag for handle. Fasten off. **Fringe:** Cut 15 5-inch strands of plain yarn. Fold one strand in half and draw through both edges at bottom. Pull cut ends through loop to knot. Repeat with other 14 strands to close bag and make fringe. Sew bell to top center front of bag.



Crocheted Flower Pocket: (Make 2) With 1st color, ch 4, sl st to first ch to form ring. **Rnd 1:** 8 sc in center of ring, sl st to first sc. *Rnd 2:* ch 3, (counts as 1 dc) 1 dc in same sp, 2 dc in next sc. Repeat from * around, sl st to top of ch 3, (16 dc), ch 1. *Rnd 3:* 1 sc in same sp, * 2 sc in next sp, 1 sc in next sp. Repeat from * around (24 sc), sl st to first sc. Fasten off. *Rnd 4:* Attach 2nd color. Picking up back loop only (leaves ch st on top of previous row), 1 sc in same sp, * 2 sc in next sp, 1 sc in next sp. Repeat from * around (36 sc), sl st to first sc. Fasten off. *Rnd 5:* Attach 3rd color. Working through both top loops, 1 sc in same sp, 1 sc in each sc around (36 sc), sl st to first sc. Fasten off. *Rnd 6:* Attach 4th color, repeat rnd 3 (54 sc). Fasten off. *Rnd 7:* Attach 5th color. Working in top back loop only, sl st in same sp, * sk 2 sc, 5 dc in next sc, sk next 2 sc, sl st in next sc. Repeat from * around (9 shells). Fasten off. *Assembling and handle:* Place 2 sections wrong sides together, mark off 3 shells for top opening. With 5th color, whipstitch through top back loops around 6 shells. Fasten yarn at side of opening ch 30 and attach to opposite side for handle. Fasten off.



Star Pocket Ornament: (Make 2) With 1st color, starting at center, ch 4, sl st to first ch to form ring. *Rnd 1:* 10 sc in center of ring, sl st to first sc. *Rnd 2:* ch 4, 1 sc in 2nd ch from hook, 1 sc in each of next 2 ch sts, * sk next sc on rnd 1 and sl st in next sc, ch 4, 1 sc in 2nd ch from hook, 1 sc in each of next 2 ch sts. Repeat from * 3 times, sl st to first sl st and fasten off. (Makes 5 points.) *Rnd 3:* Attach 2nd color to top st of any point, 1 sc in same sp, * sk next 2 sc, work cluster of 5 dc in sl st sp, 1 sc in top st of next point. Repeat from * 4 times. Sl st to first sc. Fasten off. *Rnd 4:* Picking up back loops of rnd 3, attach 3rd color in any sp, 1 sc in same sp, 1 sc in each sp around (30 sc), sl st to first sc. Fasten off. *Rnd 5:* Attach 4th color to any sc midway between 2 points, sl st in same sp, * 1 sc in next sc, 1 hdc in next sc, 2 dc in next sc, ch 2, sl st in 2nd ch from hook (picot), 2 dc in same sc sp with last dc, 1 hdc in next sc, 1 sc in next sc, sl st in next sc. Repeat from * around 4 times, s st to first sl st. Fasten off. *Assembling:* Place 2 star shapes wrong sides together. Leave open at top between 2 points. With 4th colo yarn, whipstitch together through top back loops around star. At tach 4th color yarn to one o points at side of opening, ch 2 and attach to other side of open ing for handle. Fasten off. Mak a 2-inch pompon and attach t bottom center point.

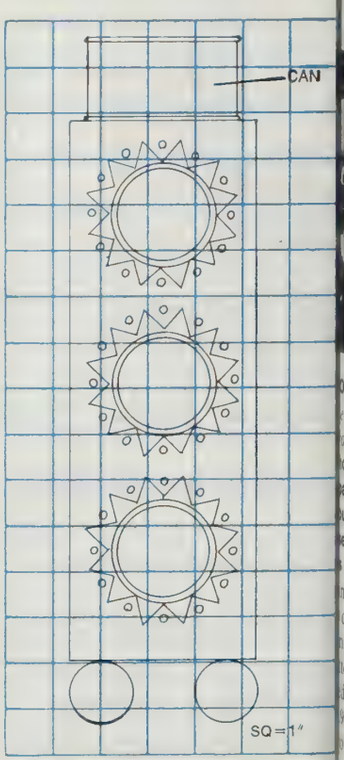
Mirror Candlestick *page 48:* T make candlestick, you'll need 1 mirrors, 2¼ inches in diameter a wooden 4x4, 11¾ inches long 4 aluminum door pulls; tooling aluminum, and a tuna fish can.

Position mirrors on sides o wood and glue in place with con tact cement. Cut four pieces tool ing aluminum (36 gauge) to 4½x1 inches. Mark desired pattern o sides with mirrors in, so double circles act as frames. Tool pattern working on both sides of aluminun on lightly padded table. Keep tool ing no higher than depth of mir ror. Fill back of tooled areas wit plaster or papier-mâché level wit background. Let dry.

Glue metal sides to wood wit contact cement. Press into wood firmly bending excess over edges a top, bottom, and sides. Textur background if desired, using tracin wheel or spot pencil.

Press metal firmly to mirrors Cut out center of metal over mir ror with craft knife or single-edg razor blade. Remove center o circle and clean glue off mirror Cover all sides in same manner Cut piece of metal to fit top an glue in place. Cut strip to cove can sides and tool; glue to can.

Drill small hole in can and i top of candle holder at center an screw can in place. Add wooden doorknob feet.



Continued on page 120

liday ndies and nches



CHOCOLATE FUDGE

made with almond bark rst prize in our holiday category—

sugar
vaporated milk
butter or margarine
s white almond bark
ny marshmallows
flaked coconut
chopped unblanched
nds, toasted
oon vanilla

sides of heavy 3-quart n. Add the sugar, evapo- ilk, and butter or mar- Cook over medium heat ball stage (234°), stir- equently. Remove from Add almond bark and allows; beat till melted. stir in coconut, almonds, illa. Pour into buttered ¾-inch dish. Cut when desired, garnish each ith a whole almond.

iss Val Jean Fredrickson. Sioux City, Iowa



OFFEE

that makes you look ofessional candymaker—

opped walnuts
acked brown sugar
utter or margarine
emisweet chocolate

n 8x8x2-inch pan; sprin- on bottom. In 1½-quart , combine brown sugar ter or margarine; cook dium heat to soft crack 90°), stirring often. Re- om heat and spread over nuts in pan. Sprinkle chocolate pieces atop; let stand 1 to 2 minutes. When chocolate is softened, spread evenly over toffee. Chill thoroughly; break it into pieces. Makes about 1 pound.

Mrs. W. L. Estlow, Albert Lea, Minn.



CARAMEL PECAN ROLLS

A frosting mix saves you time during the holidays—

3 tablespoons butter or margarine
2 tablespoons milk
1 package creamy white frosting mix (for 2-layer cake)
28 (8 ounces) vanilla caramels
2 tablespoons milk
1 cup chopped pecans

In medium saucepan, melt butter or margarine; add the first 2 tablespoons milk. Stir in frosting mix till well-blended. Form

Continued

chocolate chocolate peanuts

Each Brach's peanut is covered with two thick layers of Brach's own rich chocolate. So you end up with more chocolate than peanut. That's really a chocolate chocolate peanut. Nobody gives a peanut more loving care than Brach's.



BRACH'S

FAMILY FOOD IDEAS

© 1972, E. J. Brach & Sons, Chicago, Ill.

Holiday candies and punches *Continued*

into two rolls about 6x1½ inches. Roll in waxed paper; chill. Melt caramels with the remaining 2 tablespoons milk over hot water; spread over chilled logs. Roll in chopped pecans. Wrap and store in refrigerator. Slice to serve. Makes 48 slices, ¼ inch thick. *Mrs. Bruce G. Rygg, Santa Monica, Calif.*



CHOCOLATE EGGNOG

Chocolate makes this eggnog a winner at holiday time—

1 quart eggnog
½ cup brandy (optional)
⅓ cup chocolate-flavored syrup
1 cup whipping cream
2 tablespoons sugar
2 teaspoons cocoa powder

Combine eggnog, brandy, and the chocolate syrup; chill. Before serving, combine the whipping cream, sugar, and cocoa; whip to soft peaks. Pour chilled eggnog into individual cups or punch bowl. Top with dollops of whipped cream mixture. Makes 4½ cups chocolate eggnog.

Mrs. Robert H. Finkel, Philadelphia, Pa.





NOEL NECTAR

Make an ice ring filled with any of your favorite fruits—

1 46-ounce can red Hawaiian fruit punch, chilled
½ cup instant pre-sweetened lemon-flavored tea powder
1 26-ounce bottle (about 3 cups) ginger ale, chilled

In large punch bowl, combine punch and tea powder. Carefully pour the ginger ale down side of bowl; stir gently. If desired, garnish with a fruited ice ring. Makes sixteen 5-ounce servings.

Mrs. Doris Rairdan, Ellensburg, Wash.



ANGEL FROST PUNCH

Put your blender to work for this quick punch—

2 10-ounce packages frozen sliced strawberries
2 6-ounce cans frozen pink lemonade concentrate
2 cups water
1 quart vanilla ice cream
2 7-ounce bottles (about 2 cups) lemon-lime carbonated beverage, chilled

In blender container, combine 1 package of the strawberries, 1 can lemonade concentrate, 1 cup of the water, and half the ice cream; blend till thick and smooth. Pour into punch bowl. Repeat with remaining strawberries, lemonade, water, and ice cream. Carefully pour lemon-lime beverage down side of punch bowl. Gently stir to mix. Makes fourteen 5-ounce servings of punch.

Mrs. Dennis Towle, Miraleste, Calif.

FESTIVE FRUITCAKE *Makes 2 (9") loaves*

Combine 4 c. pecans, 2 c. candied cherry halves, 2 c. cubed citron, 2 c. cubed ndied pineapple, 2 c. yellow raisins, 1 c. diced candied lemon peel, 1 c. diced candied ange peel, and 1½ c. flour in large bowl. Mix well. Set aside.

In large mixer bowl, cream 3 sticks Fleischmann's Margarine with 2¼ c. sugar till ffy. Add 9 egg whites and beat at med. speed for 2 min. Blend 2¼ c. flour and 1½ tsp. king powder. Add to creamed mix alternately with 1½ c. orange juice. Pour over fruit ix and blend well. Spoon into 2 (9" x 5" x 3") pans, lined with brown paper and ased. Bake at 300°F. about 3 hrs. 15 min. or till done. Cool 10 min. Remove from ns and cool on wire racks. Remove paper. Frost with confectioners' sugar frosting.

CRANBERRY APPLE PIE *Makes one 9" pie*

Combine 2 c. unsifted flour and 1 tsp. salt in a bowl. Cut in ⅔ c. Fleischmann's with pastry blender or two knives until mix resembles coarse meal. Stir in 6-7 tbsp. ice water; mix well. On lightly floured board roll out ⅔ dough to fit a 9" pie plate. Transfer to plate.

Drain 2 (20 oz.) cans sliced apples, reserving liquid. Combine ½ c. liquid and 1½c. cranberries in large saucepan. Bring to boil; simmer 3 min. Combine 1¼ c. sugar, ¼ c. cornstarch, and ¼ tsp. cinnamon; add to cranberries. Cook over med. heat till mix thickens and boils. Fold in apples. Pile into pie plate. Dot with 2 tbsp. Fleischmann's. Roll out remaining pastry and cut in strips. Crisscross over apples. Seal to bottom pastry and shape edge. Brush pastry with skim milk. Bake at 400°F. about 40 min., or till done.



Now - rich tasting holiday desserts that are low in saturated fat.

Be generous with the gift of rich day desserts. But stingy with esterol and saturated fats. It's easy h these Fleischmann's holiday oes.

Look: no egg yolks, no butter, but of delicious Fleischmann's.®

Now think further. About how stituting Fleischmann's in other day recipes can reduce your fa ke of saturated fats. And h can be important in keeping cholesterol in their systems at a low level.

Fleischmann's Margarines are made from 100% corn oil. And high in liquid corn oil, so they're low in saturated fat.

So be generously stingy. Give them less. Less cholesterol. Less saturated fat. And happier holidays.

Fleischmann's Margarine.
It makes sensible eating delicious.



Another fine product of *Standard Brands*

'tis the season for

Merry Treats



Kellogg's RICE KRISPIES

Festive treats to merry-up your Holidays, made quick 'n easy with Kellogg's Rice Krispies cereal

CLOWN POPS—Shape warm Rice Krispies cereal mixture to form 12 flat-bottomed ovals; insert wooden skewers. When cool, decorate with frosting, raisins, nuts or cooky decorations to make clown faces.

SURPRISE BALLS—Shape warm Rice Krispies cereal mixture into 24 balls around surprise center of a gumdrop, raisins, walnut half, pitted date or candied cherry. Roll in colored sugar or flaked coconut; cool.

PUDDIN' TART SHELLS—Press thin layer of warm Rice Krispies cereal mixture into buttered muffin-pan cups or custard cups to form tart shells. Let stand until firm; remove from pans. Just before serving fill with pudding, sweetened whipped cream, ice cream, or fresh fruit.

SNOWMEN—Shape warm Rice Krispies cereal mixture to form 3 balls of decreasing size for each snowman; roll in flaked coconut. When cool, put balls together with thick confectioners sugar frosting to make snowmen; decorate with raisins, cinnamon candies and gumdrops.

TOY ANIMALS—Press warm Rice Krispies cereal mixture into buttered shallow pans in a layer about ½-inch thick. When slightly cooled, cut into shapes with buttered animal cooky cutters. Frost or decorate as desired.

YOU START WITH THIS FAMOUS "MARSHMALLOW TREATS" RECIPE:

¼ cup regular margarine or butter

1 6-10 ounce package regular marshmallows (about 40) *or* 4 cups miniature marshmallows

5 cups KELLOGG'S® RICE KRISPIES® cereal

Melt margarine in 3-quart saucepan. Add marshmallows and cook over low heat, stirring constantly, until marshmallows are melted and mixture is very syrupy. Remove from heat. Add Rice Krispies cereal and stir until well-coated. Shape with buttered hands into Clown Pops, Snowmen, Toy Animals, and the other "Merry Treats" shown above. See recipes at left.

COOKING WITH Kellogg's®

®Kellogg Company ©1971 by Kellogg Company

FAMILY FOOD IDEAS

Christmas how-to

Continued from page 116

Glasses Candle Holder *page 48:* Purchase three wide and short glasses. Glue top rims of two together with epoxy or glass glue, following manufacturer's instructions. Glue foot portions of remaining glass and one from first group together. Fill bottom glasses with footed ornaments, twisting wires together to hold before gluing glasses together.

Jumbo Candlestick *page 48:* Construct cardboard base 9 inches square and 5 inches high. Cover with gold foil. Border with black tape.

Trim 10½-inch-tall cardboard cylinder (from toy blocks) with strips of gold foil tape and black and white tapes. Stud center with brass tacks. Glue to base.

Cover entire unit with several coats of raw umber transparent dye from an art store.

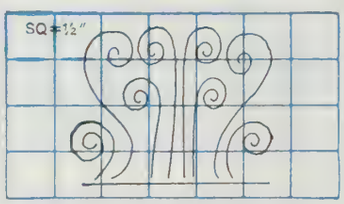
Pipe Union Candlestick *page 48:* Clean purchased or used pipe union to remove oil or grease. Spray with several coats high-gloss enamel in desired color.

Box-mirror Candlestick *page 48:* Glue 24 1x1-inch mirrors to tall cardboard box with contact glue in diagonal checkerboard pattern. Cut cardboard strips to fit around top and bottom for rims. Glue in place. Glue cardboard ring from masking tape to top of box.

Fill in area between mirrors with plaster or instant papier-mâché, smooth well; let dry. Paint with black enamel. Add ¼-inch red auto stripping tape for trim.

Curled Tin Candlestick *page 49:* Select five cans, smallest two in same size, remaining three in graduated sizes. Using 7-inch wire snips, cut through rim on one side of can joint on open end of can. Cut rim off to other side of can joint. Remove joint by bending back and forth until it breaks off.

Cut strip of paper and measure around can from first cut to last. Fold paper in half 3 times, making 8 sections. Mark divisions on can with ball-point pen. Draw lines on can. Cut on lines to bottom rim of can.



On one section, cut down at center of section. Cut each half of section into 4 strips.

With round nose pliers, grasp bottom of first strip on left and turn pliers so strip is at right angle to can rim. Repeat for first 4 strips and then reverse, turning strips to right. Starting at tip of strips, curl as shown in pattern. Pinch center 4 strips together and wire to hold. Continue around can on each section. Keep curled strips same length and pattern even.

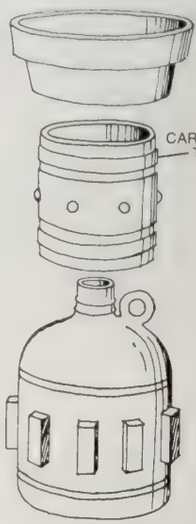
Drill hole in center of each can bottom to fit stove bolt. Put top two cans bottom to bottom. Put stove bolt through center hole. Thread on next can, bottom en up. Even strips bending to slop of rim of larger can. Strips shoul fit just behind rims of cans. Con tinue in same manner, addin washer and nut to bottom of bol Spray paint if desired.

Jug Candlestick *page 49:* Glu 6-inch-tall cardboard rug tube t top of 1-gallon glass jug. To top tube, glue terra-cotta flower-p tray, 7 inches in diameter.

To center section of jug, attac aluminum foil using spray cemen Glue small wooden blocks to foi Decorate entire area with fo and colored tapes.

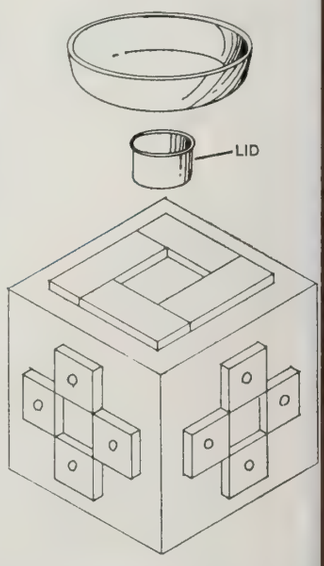
Trim tube with foil and leath strips. Push upholsterer's tacks in tube around central section.

Spray entire candlestick wi transparent dye in raw umb available in art stores.



Jumbo Square Candlestick *pag 49:* Construct or find cardboard wooden box, 6x6x6 inches. Glu four wooden blocks in cross pa tern on each side. Push brass tac into center of each block.

Glue 6-inch salad bowl to spray can lid and glue lid to top of bloc Spray unit with transparent dye i raw umber. Fix with plastic spra



Ball Candlestick *page 49:* Pur chase three large foam balls an

Continue

Today your husband turned 39, again. And he doesn't feel much like celebrating. Tonight, you've got to tell him how much handsomer he is now than when you married him.

It's a good day for Stouffer's.



Chicken Divan. One of 35 Stouffer's Frozen Prepared Foods.



Stouffer's

© 1972 Stouffer Foods Division of Litton Industries

FAMILY FOOD IDEAS

Like father, like son.

SPAM Spread is true to the family tradition. With the same great flavor, the same good meat ground smooth for easy spreading. Blends beautifully with other ingredients to make meaty sandwiches your kids will love—snacks, canapes and chip dips, too. You'll like the good Hormel Ham in SPAM Spread.



FAMILY FOOD IDEAS

Christmas how-to *Continued*

three drapery rings. Remove one end of can in size to hold candle. Push open end of can into one of foam balls and remove, forming mark for cutting on ball. With knife or serrated grapefruit spoon, dig out center of ball to fit can. Push can into ball.

Cut circle of wood for a base. Glue wooden drapery ring to center of base; glue foam ball to drapery ring. Continue till all parts are glued together.

Let glue dry thoroughly. Mix instant papier-mâché as directed and smooth light coat onto foam. Wipe excess off drapery rings and base. Let dry. Sand smooth. If desired, dip heavy string into white glue and outline top at opening edge and tops of drapery rings and base. Paint.

Plastic Bottle Carolers *page 50:* Select plastic bottles in desired sizes. You can weight bottles with small amount sand or plaster. For heads, select plastic foam ovals in sizes to fit bottles and trim to fit over bottleneck. Design and paint heads and bodies with enamel paints. Add pipe cleaner arms, yarn or metal pot scrubber hair, fabric hats and shawls.

Wisemen Candle Holders *page 51:* Glue wooden turned posts (from 8 to 10 inches tall), balls (3½ inches in diameter), and finials (4 to 7 inches tall) together in desired arrangements. Paint with gesso, then acrylics. For candle holders, attach brass cafe curtain rod brackets. Coat with varnish.

Tube Wisemen *page 51:* Cut 11-inch lengths of paper towel tubes in half lengthwise. Use one half of tube for center of body. Cut remaining half in half lengthwise. Glue one quarter-tube on each side of body center, reversing the curve.

Trim upper part of side pieces for tapered shoulders. Cut slightly tapered sections, about 6 inches long, for arms. Paint sleeves and body, then glue on sleeves.

Cut sections of tubes for faces, necks, hats, and decorations. Paint. Glue on necks, then heads, slightly tilted back.

Decorate robes and headgear with sequins, braids, gilt-embossed paper, and foil.

For stability, glue short length of whole tube to back of each king at bottom.

Merry Christmas Tree *page 51:* Slit paper towel cardboard tubes in half lengthwise and cut halves into 2-inch lengths. Use as many tubes as necessary to make the letters M,E,R,R,Y,C,H,R,I,S,T,M, A,S, and 7 star shapes. Paint both sides of tube sections, then cut out letters, stars, and plain pieces. Assemble and glue parts. Add section of whole tube for trunk and small cutouts for decorations. Finished tree should measure approximately 21½ inches tall and 17½ inches across at base.

Steel Wool and Wax Tree *page 51:* Nail an 18-inch-long, ¾-inch dowel to 20x8-inch wooden base.

Cut 7 star-shaped pieces from 1 square yard ¼-inch hardware cloth, making largest piece about 12 inches across and smallest, 5 inches. In center of each, cut hole large enough to slip over dowel forming tree branches.

Spread coarse steel wool over each tier using 3 packages of steel wool. Spray tree green.

Dribble melted paraffin (1 package of 4 pieces) over tree to resemble snow and icicles.

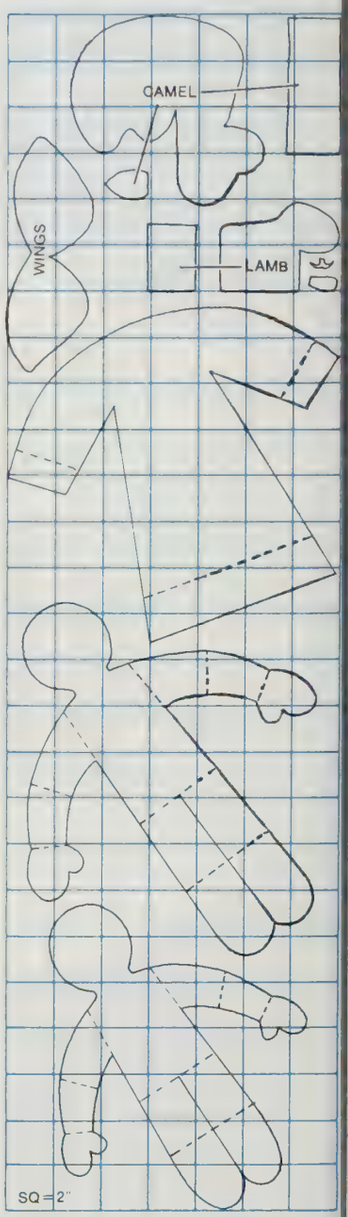
Cover base with felt.

Trellis Christmas Tree *page 51* Purchase a redwood trellis from lumberyard. Buy large sheets mat board and cut to fit back of trellis using mat knife. Glue to trellis with a super-strength adhesive.

Cut artificial fruit and boxwood greens to fit into spaces and glue to mat board.

For tree holder, cut plastic wastebasket in half and attach to bottom of tree.

Nativity Puppets *page 52: Puppet Bodies:* Following patterns, cut



large puppets and 3 small using 2½ yards soft flannel. For each small puppet, cut eight 2¼-inch lengths of ⅝-inch dowel and for each large puppet, cut eight 3-inch lengths. Purchase 1 small box self-hardening clay and 18 screw eyes.

Sew around body front and

, right sides together, leaving ches open at top. Turn. Stuff ds with cotton. Topstitch on ed line at wrists. Insert dowel ower arm and topstitch along Insert dowel above elbow stitch.

sert dowel in lower legs and titch at knees. Insert dowels per legs and stitch.

uff body and head firmly. e head by hand.

ake feet from clay in pro- ion to body and insert screw firmly into top back of foot. or let air dry. Paint dark and cover sole with felt. screw eye by hand onto bot- of leg.

hing and Trim: Using basic rn, design clothes to fit pup- Tack at neck and wrists.

r wings, cut from light card- d and cover with shiny fabric aper. Sew to back of angel

b: Following pattern, cut 2 body pieces and 4 leg pieces inches. Cut from terry or furry fabric.

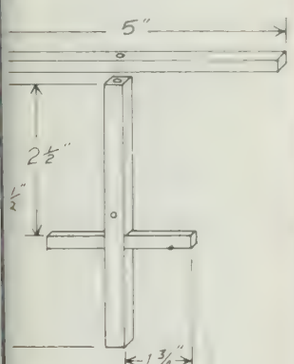
ld leg pieces in half; close at m and side. Turn and stuff st to top.

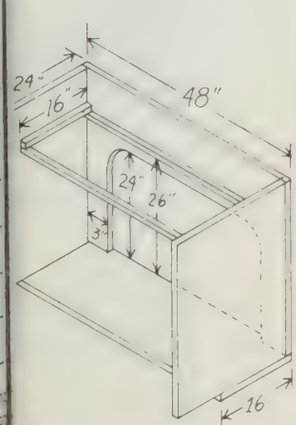
ace legs into bottom of lamb . Stitch body closed, leaving pening. Turn right side out. and close.

corate with wool yarn on top ead and tail. Cut ears and from felt.

el: Cut camel parts from or satin and assemble the as lamb. Topstitch at knees add small clay feet. Attach n or satin bundles with hand ing and cord.

et Control Bar: Following di- n, cut parts from ¾x¾-inch





ew long bars together as n. Bar should move freely. te on short bars. Attach screw to ends of long and short ars and at center point be-

tween short crossbars. Place cup hook on top opposite from screw eye.

To string puppets, cut five 20-inch lengths of transparent fishing line. Sew line to wrists, knees, and top of head. Tie head string to screw eye in middle of short crosspiece. Tie hand strings to ends of small crosspiece and leg strings to ends of long crosspiece. Cut off excess.

Stage: Cut stage parts from ½-inch plywood, following diagrams. Glue and nail front over sides and bottom under box.

On front piece inside stage, nail and glue on ¾x¾x47-inch dowels where shown.

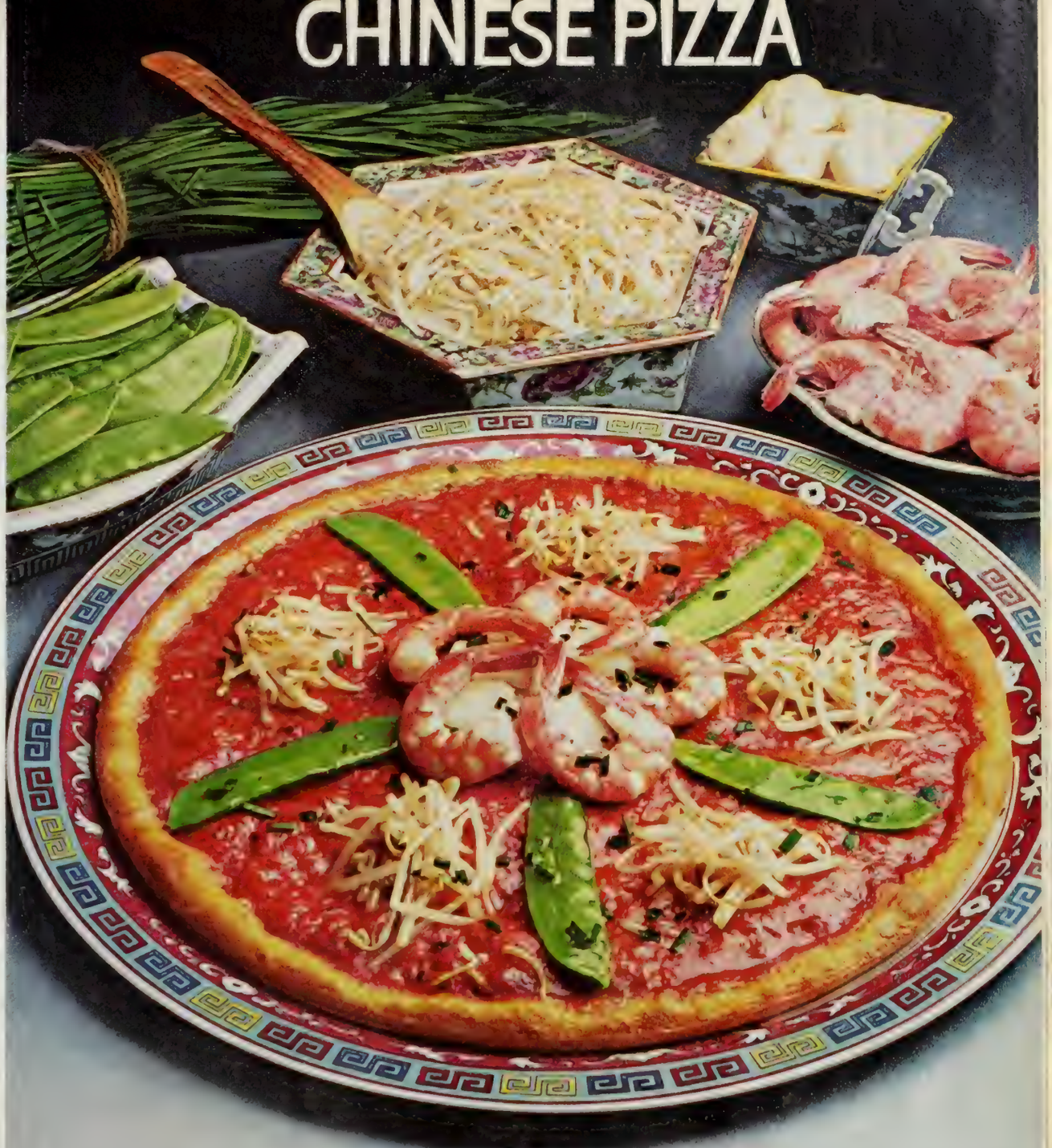
Cut two ¾x¾x16-inch bars and nail and glue in place.

Cut one ¾x¾x46½-inch rod. Screw angle irons ¾ inch from each end. Screw on cup hooks 5 inches apart to hold puppets.

Curtains and Background: Pur-

Continued

CHINESE PIZZA



No one has to tell you how great pizza tastes. Especially when you make it with Chef Boy-ar-dee,® the world's most popular pizza mix.

Just thinking about the freshly baked dough, the rich pizza sauce and tangy cheese is enough to make anyone hungry. And you can vary Chef Boy-ar-dee Cheese Pizza Mix in so many ways. Just make it according to directions and in the last five minutes of baking, vary the toppings.

You can make Chinese Pizza with cooked Chinese snow peas (available frozen), cooked shrimp, bean sprouts, sliced water chestnuts, chopped chives and a dash of soy sauce.

Spanish Pizza: Top it with sliced cooked link sausage, green pepper strips (browned lightly with sausage), canned minced clams, sliced stuffed olives and a sprinkle of crushed red pepper spice.



American Pizza: Add ½ lb. ground beef and 1 chopped onion to the pizza sauce and top in the last five minutes of baking with grated cheddar cheese.

Chef Boy-ar-dee. The world's most popular pizza mix.

FAMILY FOOD IDEAS

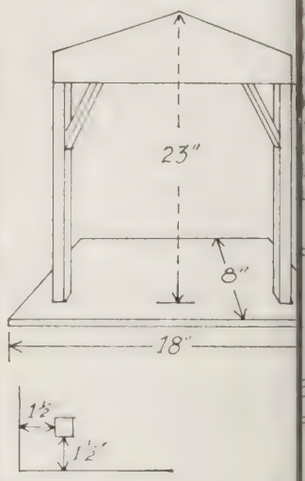
chase spring-type cafe rods to fit inside front and at back of stage. Make back curtain to fit. Sew front curtain and attach fringe to bottom.

Cut dome-shaped hills from ¼-inch plywood to fit in stage. Nail 1x2-inch boards between hills to make them stand. Paint green and decorate with flowers.

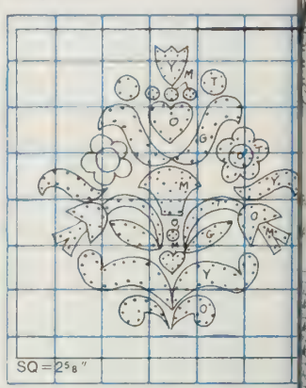
Cut star to fit on manger from plywood or balsa. Paint star white and rays gold. Trim with gold cord if desired.

Crib: Cut from ¼-inch plywood or balsa. Make sides 2½ inches wide at bottom, 4¼ inches wide at top, and 2 inches tall. Cut end pieces to fit between sides. to 2¼x2¼-inch bottom and parts together. Glue short le bottom.

Stable: Follow diagram and parts from ¼-inch plywood. ¾x¾-inch wood for posts. and nail parts together.



Folk Art Bag *page 54:* Enlarge tern to 18-inch width, 19 height. Cut rectangle 21x20 i from ½-yard black felt. Tape tern to it and trace design white carbon and tracing w Using darker color carbon, design parts to appropriate ored felt. You'll need ¼-yard of yellow, magenta, and g and ½ yard each of orange turquoise.



Cut out pieces and lay d onto black felt. Glue cutout place with small drop of When it's dry, work French with contrasting yarn, follo pattern for placement.

Trim black square to 1 inches, centering design. Cut ond black square in same size peat with orange and turquois linings. Cut two 7x19-inch gu each of magenta for outside green for linings.

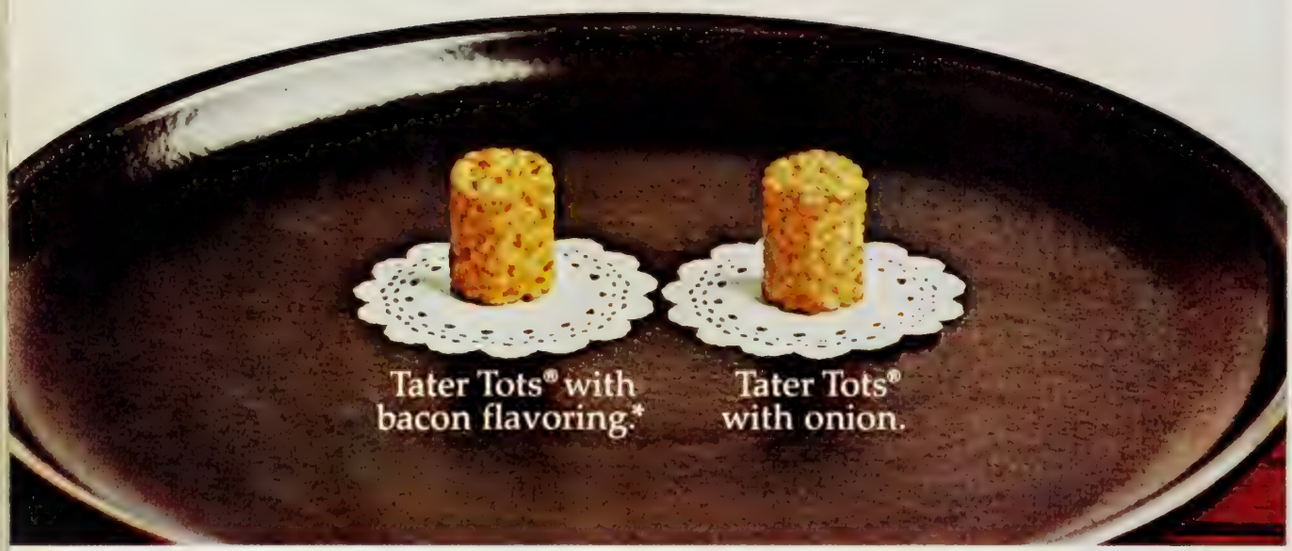
Cut 7x18-inch bottom pieces, for outside and yellow for lin

From 1¼ yards of 19- buckram, cut two 17½x18½- pieces. Sandwich between and orange square for back stitch around sides and bottom peat with black front and turqu lining.

For handles, cut ½-yard cable cord into 2 9-inch len Cut two pieces 11x2-inch ye felt. Fold each one over the le of cord and pin together. U zipper foot, sew together clos cord. Trim edges leaving ⅛- Center each to top of front

© 1972 by Ore-Ida Foods, Inc.

There's a couple newcomers in Boise fixin' to go places.



You've tasted the original Tater Tots® brand potatoes, haven't you? The frozen potatoes 5 million families go



for to break out of the old boiled-baked-mashed routine.

Well, these new Tater Tots are just the same. Except more so.

Same shape: trim, crisp, bite-size.

Same color: deep fried, just a touch, to a nice delicate gold.

But wait'll you taste them. Surprise! One of our new Tater Tots is speckled with tiny bits of tasty green onion.

And the other is plumb bursting with crunchy bacon flavoring.

You'll find yourself eating these Tater Tots as hot nibblers any time of day. Even serving them with dips.

Easy to fix, too. In the oven. In your deep fry basket. In the skillet. They're good every which way.

Tater Tots with onion. And bacon-flavored Tater Tots. They're going places. Like to the freezer section of your store. Which is a good reason for you to head in the same direction.

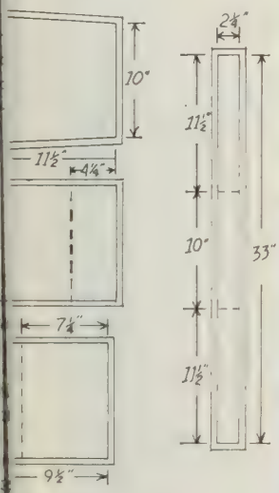


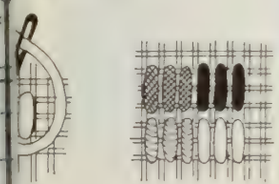
Good eatin' from Boise.

*Tater Tots® ... *Pure vegetable protein

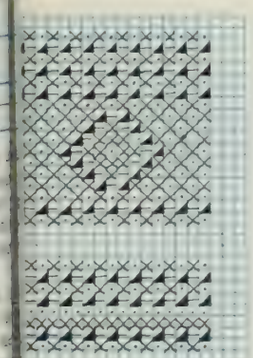
pinning ends 6 inches apart
kram and lining.
ch ends down. With zigzag
set for 5 width and 8 stitches
h, sew black to linings and
am, catching in handles.
ch gussets to back and front
igzag stitch. For bottom, cut
7½-inch piece buckram and
ich between black and yel-
titch all around. Sew to bot-
of front, sides, and back with
stitch. Hand-tack at corners.

lepoint Knapsack *page 54:*
pattern on paper or directly
ong side of ½ yard heavy-
abric (canvas, denim, pop-
ut out the four pieces allow-





ANGE
GENTA
BRICK RED
RASPBERRY



nch for seams. With #13
needle, work needlepoint
nesh Penelope canvas 14x
nches following pattern
ake each square with three
ches over three horizontal
hreads as shown on stitch
Use three strands of yarn
as one. You'll need 40-
in each crewel yarn or 1
ach knitting worsted in
magenta, brick red, and
. When needlepoint is
, cut apart and trim
dges leaving four meshes
d.
smaller section of needle-
lower part of front by lay-
e down on upper part of front with top edge along dotted line of pattern. Stitch on sewing machine along dotted line, coming close to worked stitches. To flatten seam, fold needlepoint down in place and press on wrong side of fabric. Stitch raw edge all around to lower front.

Baste upper piece of needlepoint to flap. Stitch in place; trim leaving ½ inch all around. Cover raw edge with folded braid edging (⅞ yard), stitching around two sides and lower front. Stitch kiltie tabs to flap and lower front.

Hem under top of front and ends of gusset. Seam gusset to front being sure dotted lines on gusset meet corners of front.

Cut four 2½-inch squares of fabric. Turn under ¼ inch all around and press. Stitch one to each corner of back on wrong side (to reinforce stress from straps). Cut two 2x2¼-inch pieces fabric and turn under ¼ inch all around

Continued



7 Sauces for 7 Pastas

Hunt's 7 sauces can help you make anything many things.





Only Hunt's has seven different flavored sauces to help you create dozens of inexpensive, family-pleasing meals. Half the recipe is in the can. The rest is up to you. Try Hunt's Tomato Sauce with Cheese for your next spaghetti dinner or see how Hunt's Sauce Special adds new zest to your Lasagne. For a free Hunt's Sauce recipe booklet, write to: Hunt-Wesson Kitchens, Box 1009, Fullerton, Calif. 92634. All seven sauces are perfectly blended and seasoned, all rich because Hunt's removes most of the skin and seeds so that you get only the ripe, firm, juicy "meat of the tomato."

and press. Stitch around edges. Fold over rings and, with two upholstery nailheads, attach each to lower corners of right side of back. Cut straps from 1¼ yards webbing or leather. Sew two ends of straps to two upper corners of back over reinforced corners. Make two more hemmed-under squares of fabric and stitch over ends of straps at upper corners.

Adjust straps to proper length and insert ends through two harness snap clasps. Use nailheads to secure ends of straps in place (may have to trim straps). Hook clasps to lower corners through rings for knapsack or to each other for shoulder bag.



Certain days are made for homemade soup.

You can't get any closer to homemade than Great American® Soup.

It's not watery, like condensed soup, or too heavy, like soups that are really stews.

Great American Vegetable Beef is made with big chunks of beef and lots of fresh-cut vegetables.



Simmered in a broth that's just right. You can tell by looking at it.

There's only one soup that really tastes like homemade. The soup you make yourself.

But Great American® Soup comes close. About as close as you can get.

Now in new single-bowl size. Heinz

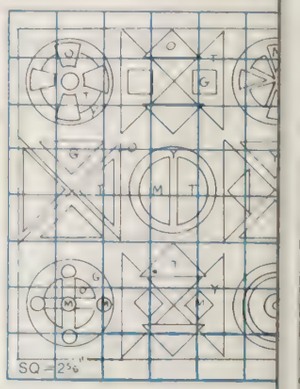
Close to homemade.

© 1972 H. J. Heinz Co.

Geometric Bag *page 54:* H pattern to fit 18x19-inch rec Cut 21x20-inch piece from of magenta felt. Tape patte and trace enough of design sitioning. Trace geometric to appropriate colors (sma squares each of yellow, green, and turquoise); cut o place on magenta.

Pin circle units together ar Reposition on magenta and elements in place. Sew pieces, using zigzag stitch 2½ width and 18 stitches t

When complete, trim ed 18x19 inches. Following tions for Folk Art Bag, co bag, substituting magenta pieces. Use green for handl



Hug-Me Quilt *page 55:* Cut 10-inch squares from similar fabrics. Cut head shape (ab inches in diameter with 1 neck), hands (6 inches ac hand, 5½ inches long) ar (7½ inches long, 12 inches top) from unbleached musl shoes (6½ inches long ar inches wide) from black vin ric and arms (15 inches long patterned cotton fabric.

Sew squares together in r eight. Sew rows together wise. Cut fabric for back to front, piecing if necessary.

Tack quilt batting, cut smaller than quilt back, t piece.

Legs: Sew foot sections to l tions, right sides together front and back together, sides together leaving top Turn and stuff.

Arms: Sew hands to arms c lace in place. Sew fronts and together. Turn and stuff.

Head: Sew hair, eyes, and features to face front by m with zigzag or straight stitc head front to back, right si gether, leaving neck end Turn and stuff.

Baste head, arms, and place on quilt back and Place front on top. Turn u edges on quilt front and about ⅝ inch. Baste, then m stitch around quilt.

With yarn and large stitch through all layers o and tie yarn on top. Stitch ners of each square to hold in place.

Happiness Plaque *page 5* preassembled frame and cu board to fit inside. Cut wh to fit cardboard. From felt cut freehand letters to read piness is friends like you." A on felt and hold with drop

Con

3 entertaining ham dishes that start with Real Mayonnaise.



And that's the other name for Best Foods.

It takes creamy-smooth Real Mayonnaise to make your holiday ham so lusciously festive. Heat it or chill it. Real Mayonnaise is so fresh and delicate, it brings out the good flavor in hot or cold ham. And Real Mayonnaise means whole-egg Best Foods.



HOLIDAY GLAZED HAM

Creamy Best Foods helps glaze ham to keep it beautifuly fresh until ready to serve

- 4 envelopes unflavored gelatin
- 2 cups cold chicken broth
- 4 cups BEST FOODS Real Mayonnaise
- 1 can (8 to 10 lb) fully cooked ham

Soften gelatin in broth in small saucepan. Dissolve over low heat. Remove from heat and stir in Real Mayonnaise. Let set 30 minutes or until slightly thickened. Spoon about 1 cup glaze over ham to coat top and sides evenly. Let set. Continue until ham is completely coated and glaze is all used. Garnish as desired. Cover and chill until ready to serve. Serves about 30. **Note:** To glaze a 5-pound ham, cut ingredients for glaze in half.

EASY EGGS BENEDICT

Best Foods replaces butter and egg yolks for no-worry Hollandaise.

- 3/4 cup BEST FOODS Real Mayonnaise
- 1/4 teaspoon salt
- 1/4 cup heavy cream, whipped
- 1 teaspoon grated lemon rind
- 1 tablespoon lemon juice
- 4 English muffins, split and toasted
- Nucoa® margarine
- Cooked ham slices
- 8 poached eggs

Mix Real Mayonnaise and salt in saucepan. Cook over very low heat about 3 minutes. Stir in whipped cream, lemon rind and juice. Spread muffins with margarine. Arrange ham, then egg over muffin halves. Spoon on sauce. Serves 4 or 8.



HAM & ASPARAGUS PIE

Whole-egg Best Foods makes a filling that's creamy without adding cream.

- 3 tablespoons Nucoa margarine
- 1 tablespoon Argo® corn starch
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup milk
- 1/4 cup BEST FOODS Real Mayonnaise
- 2 cups diced cooked ham
- 2 packages (10 oz each) frozen cut asparagus, cooked
- 1 tablespoon lemon juice
- 1 baked 9-inch pastry shell
- 1/4 cup grated Parmesan cheese

Melt margarine in saucepan over medium heat. Stir in next 3 ingredients. Remove from heat. Gradually stir in milk until smooth. Cook over medium heat, stirring constantly, until sauce comes to boil and boils 1 minute. Stir small amount of hot mixture into Real Mayonnaise, then stir into hot mixture in saucepan. Add ham, asparagus and lemon juice; cook until heated. Turn into pastry shell. Sprinkle with cheese. Broil about 2 minutes or until lightly browned. Serves 6.

BRING OUT THE BEST FOODS AND BRING OUT THE BEST

Best Foods, a Division of CPC International Inc. CPC



FAMILY FOOD IDEAS

Attach with French knots. Add satin stitches on hearts for more decoration. Glue completed piece to cardboard and insert all in frame.

Mrs. Santa Doll *page 55:* From ½-yard red velvet, scraps of white fabric, white eyelet embroidery, and ½-yard red velvet tubing or ribbon, cut out all parts following pattern.

Apron: Stitch eyelet to bottom. Topstitch pocket to apron. Sew collar, right sides together, leaving straight side open, and press. Turn in seam allowance on top and stitch to apron top.

Arms and hands: Stitch around hands, turn right side out. Stitch sleeve seams, right sides tog turn. Bend over tips of a chenille stem; slide sleeve hands onto stem. Pull sleeve wrist. Machine-stitch cuff to going through all thicknesses

Position arms on front drawing, pin on apron and chine-stitch sides and top of Bend arms forward.

Body: Stitch front to back, sides together. Pin and stitch bottom, leaving center back for stuffing. Turn right side stuff and close.

Face: With right sides tog stitch around face leaving open. Turn, press, and stuff Embroider face using chain Sew face on by hand from to across top of head, to other to

Stitch two 14-inch pieces o let trim together at center raw ends. Gather at center head and stitch to body by Center velvet tubing or ribb eyelet and stitch in place. Ti under chin.

Gather four inches of eyel each sleeve and stitch by ha wrists.

Hair: Stitch yarn to center of head.

Duster: Construct from ch stem and heavy green yarn.

Soft on the whisper of angel wings,
This is the Christmas that memory brings.
The rustling of elves in the watchful night
With secrets shelved from the children's sight.

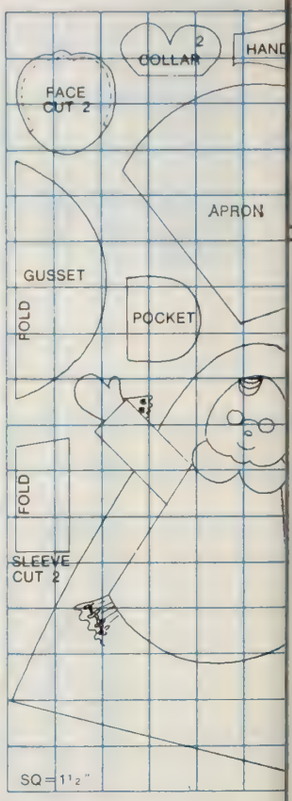
The glimmering gold of candle-shine;
The shimmering fragrance of fir and pine,
And, savory there on the silver tray,
The great, proud ham for the holiday.

Hormel Ham
a
HOLIDAY TRADITION

Many a Christmas candle has burned brightly beside a Hormel Ham. For this was America's first ham in a can—the symbol of holiday hospitality. Hormel makes this same, famous ham today, still with the same patient skill. Boned, trimmed and cooked to full tenderness and flavor. Magnificently ready to heat and to carve. *Geo. A. Hormel & Co., Austin, Minn.*



FAMILY FOOD IDEAS



Hug-Me-Mamma Doll *page*
From ⅔-yard velvet fabric pink fabric scraps, and one ticolored scrap, cut out body tern parts.

Mama: With right sides tog stitch top edge of arm pock gether, turn, press, topstitch center front and lightly stuff.

Baste arm pocket to front ing center fronts. Stitch ba front, right sides together. bottom gusset, stitch leaving ter back open for stuffing. and stuff. Slip-stitch opening c

Baby: With right sides tog stitch back to front leaving b open. Turn, stuff, and sew c

Faces: Mark faces on fabric enough to fit embroidery

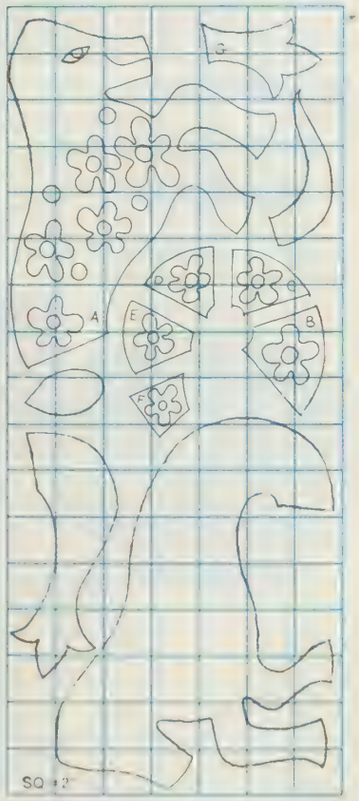
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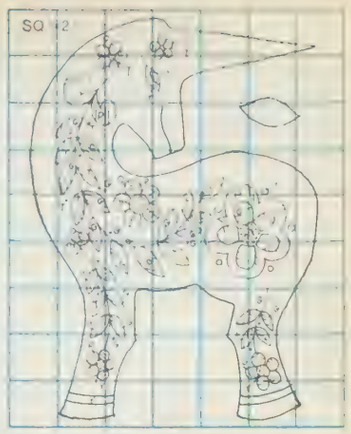


Bisquick combines a livelier leavening and special lighter flour no scratch pancake recipe can match.

matching fabric on seam, turn, stuff, and sew closed. Sew to head in appropriate places. Knot strands of yarn all around top of head to make hair and to chin for whiskers.



Unicorn *page 55:* Cut ½ yard of white homespun or linen fabric in half. Tape pattern to fabric and



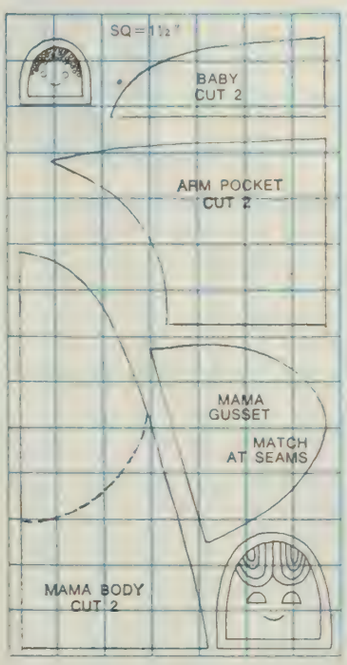
trace, using carbon and tracing wheel. Where detail is fine, use pencil and make dotted line to prevent tearing of pattern.

Embroider following pattern for stitch detail and color: Persian yarns in green (G), lime (L), turquoise (T), deep yellow (Y), hot pink (P) and orange (O). When embroidery is complete, place tracing paper against back with carbon side touching back. Trace outline of unicorn. Lay fabric against second piece of fabric and pin. Trim all around leaving ½ inch for seam.

On sewing machine, sew on seam line, leaving opening in front large enough to insert hand. Clip all curved edges and corners. Trim away excess seams close to top of horn and all corner points. Turn to right side.

Continued

Embroider, using chain stitch to outline, French knots for baby hair, and satin stitch for Mama's eyes. Cut out faces, turn under seam allowances and sew to body by hand. Add stuffing under face if desired. Sew on velvet tubing trim around faces (will require one yard red and one-half yard blue).



Capricorn *page 55:* Following diagram, enlarge pattern to desired size. This one is 16 inches long and 12 inches high. With white carbon and tracing wheel, trace A, C, E, and G to ½ yard tightly woven magenta fabric. Trace only enough marks for flowers to indicate position. Trace two back pieces. Allow ½ inch for seam allowance around each piece.

Trace B, D, and F on scrap of rust color fabric. Cut out all pieces. With right sides together sew A to B, B to C, C to D, and so on to include all segments of tail. Press seams flat.

With color carbon, trace flowers to white fabric scrap and cut out. Pin in position to body front. Using zigzag satin stitch set for 3½-inch width, stitch all flowers down around edges. Cut out 14 circles from turquoise fabric and pin in place. Sew. Repeat for eye. Satin-stitch over mouth line.

Stitch two back pieces together. Press seam flat.

Place wrong side of capricorn front against carbon with carbon side touching wrong side. With tracing wheel, retrace outline. Pin front to back with right sides together. Seam on traced line leaving opening on lower edge between legs and tail large enough to insert hand. Trim seams to ¼ inch. Trim all corners and clip all curved edges. Turn to right side. Insert stuffing starting with tail. Use pencil to work in place. Stuff legs, head, and body. Sew open seam together by hand, stuffing as you sew.

Trace ear on rust fabric and horn on turquoise. Cut out with ½-inch seam allowance. Sew to

And what can't you make of it!

CRANBERRY-ORANGE NUT BREAD

2-1/2 cups Bisquick baking mix
1/2 cup sugar
1/4 cup Gold Medal® flour*
1 egg
1 cup milk
2 tablespoons grated orange peel
3/4 cup chopped cranberries
1/2 cup chopped nuts

Heat oven to 350°. Grease loaf pan, 9x5x3 inches. Combine baking mix, sugar, flour, egg, milk and orange peel; beat vigorously ½ minute. Stir in cranberries and nuts. Pour into pan

Bake *1 hour* or until wooden pick inserted in center comes out clean. Remove from pan. Cool thoroughly before slicing. Wrap any leftover bread tightly in aluminum foil.

*Do not use self-rising flour in this recipe.

This recipe was developed and tested in the Betty Crocker Kitchens.

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RING AROUND THE RUM CAKE

ups flour
½ cups sugar
½ tsp. baking powder
½ tsp. salt
½ cups milk
cup butter
cup shortening
eggs
tsp. vanilla
cup ground nuts (almonds, pecans or walnuts)

RUM SAUCE
1½ cups canned apricot nectar
1 cup sugar
1½ tbs. cornstarch
2 tbs. cold water
½ cup light or dark rum
2 eight oz. cans mandarin oranges, drained



Heat oven to 350°. rease and flour 12-cup cake an. Measure all ingredients, xcept Rum Sauce, into large ixer bowl. Blend ½ minute n low speed, scraping bowl onstantly. Beat 3 minutes on high speed, raping bowl often. Bake 55 to 60 minutes, or until ake tests done. Turn out onto rack and cool cake.

For the Rum Sauce, combine apricot nectar and gar in a small saucepan. Bring to a boil, stirring often. mmer 8 minutes. Blend cornstarch and water into a nooth paste; stir into hot sauce. Cook, stirring onstantly, until sauce thickens and clears. Cool slightly. dd rum and orange sections. Drizzle cake with a little uce. Serve slices topped with remaining sauce.

With TEFLON II, both the cake pan and ucepan will clean up in a jiffy. So you'll have plenty time to enjoy this great tasting cake that's easy to ake and stays delicious for many a day.

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TEFLON II: Original recipe for no-stick cooking and easy clean-up. DU PONT

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Here is a popular project that provides an interesting play spot for the kids as well as garden storage. Overall dimensions are 6′ x 12′, with enclosed area about 6′ square and 7′ high. Send your $2 check or money order for project plan 3705-1, Play Deck and Garden Storage, to

Better Homes and Gardens, Dept. 2M0, P.O. Box 374, Des Moines, Iowa 50302

Christmas how-to *Continued*

Use pencil to turn tip of horn carefully.

Insert stuffing, first into horn filling out well by pushing stuffing in place with pencil. Continue to stuff head, neck, legs, and body. Hand-stitch seam stuffing as you sew until seam is closed.

With pink yarn, knot strands along seam on top of head for mane. Clip mane evenly. Make tassel with turquoise and sew to place for tail.

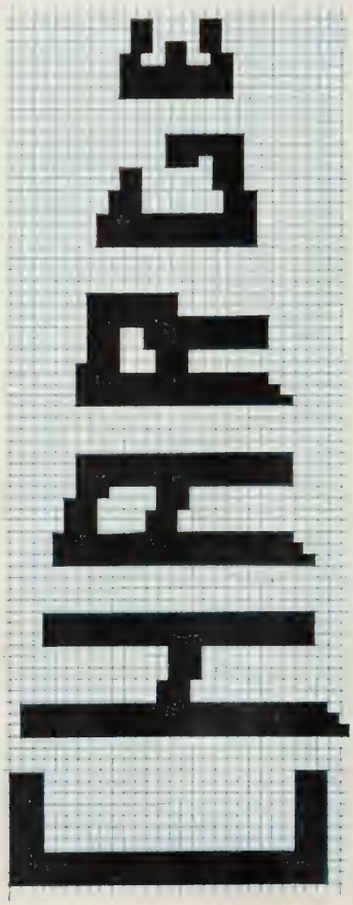
Cut out four ear pieces. Seam, turn, stuff, and sew to front and back as shown.

Pennant Pillow *page 55:* Materials: ½ yard gros point canvas, four meshes per inch; 1-inch masking tape; 50 yards navy blue and 70 yards orange 3-ply Persian yarn; tapestry needle; ½ yard vinyl; 2 yards ⅛-inch cording; stuffing. Draw design grid as shown on 4-squares-per-inch graph paper. Place canvas over drawing and trace with waterproof felt tip pen. Tape canvas raw edges.

Stitch letters, then background with running or cross-stitch. Make 4-inch tassel from orange yarn. Attach to ends of completed canvas. Make cording of backing fabric, using zipper foot.

Place blocked needlepoint face up on flat surface. Pin cording to sides with raw edge toward canvas raw edge. Baste, making sure cording seam is inside several rows of needlepoint, then machine-stitch.

Stitch needlepoint and cording to backing right sides together. Leave opening for turning. Trim seams and corners. Turn, stuff, and slip-stitch opening.

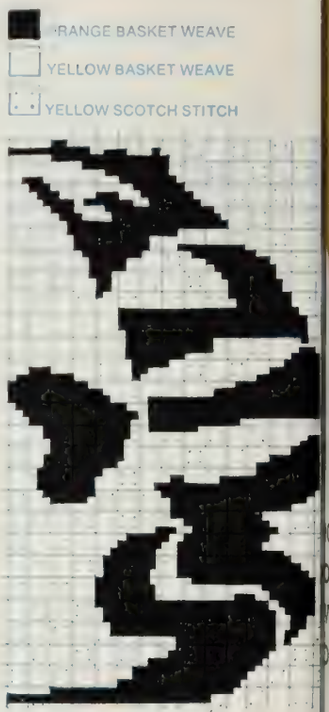


Needlepoint Mirror *page 55:* M terials: 9x12 piece No. 12 mo needlepoint canvas: 1-inch maski tape; No. 18 tapestry need epoxy; 12-squares-per-inch gra paper; 1 orange and 2 yellow yard skeins needlepoint yarn; 9½ 13-inch mirror; two 20½-inch a two 9½-inch thin plastic or wo strips; one 9½x20¼-inch sh ½-inch plywood or hardboard.

Cut canvas and bind edges w tape. Draw design as shown graph paper. Place canvas over per and trace with light color w terproof felt pen.

Stitch orange letters in bas weave. Stitch background in li yellow yarn, alternating thr stitch squares each of basket wea and Scotch stitch. Fill backgrou

Stretch blocked canvas over c end of board and staple on. G mirror to other end of boa Frame mirror and needlepoint w plastic strips and attach hangers.



Dinosaur *page 55:* Enlarge patte on wrapping paper. Cut ⅜ yard brown broadcloth in half. Ta pattern to one piece and tra dinosaur. Trace only outer li of shapes within body.

Add colored shapes to bo front using reverse appliqué me od: Beginning with top diamo shape, cut away inside of trac line on brown fabric leaving inch all around for turning und Cut green diamond at least ½ in larger than traced line. Place gre piece behind cutaway portion brown and pin in place. C curved parts and pointed corne With brown thread, sew brown green with overcast stitch turni under brown edge on traced li (See figure).

Replace tracing and trace ne shape onto the green. Cut aw inner part of green leaving ¼ in for turning under. Cut orange d

Continu

One of these KitchenAid portable dishwashers was made for your kitchen.



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mond at least ½ inch larger than traced line and pin behind green. Sew green edge to orange. Continue same process for inner turquoise circle and cerise square.

Repeat for other shapes on body following pattern.

For eye, appliqué small round cerise circle to a scrap of green. Place behind eye cut out and sew brown opening to it.

When reverse appliqué is complete, place carbon behind it with carbon side next to wrong side of dinosaur. Trace outline of animal so outline will be on wrong side. Place right sides of dinosa and back together and p along traced line, leaving between feet and tail large to insert hand.

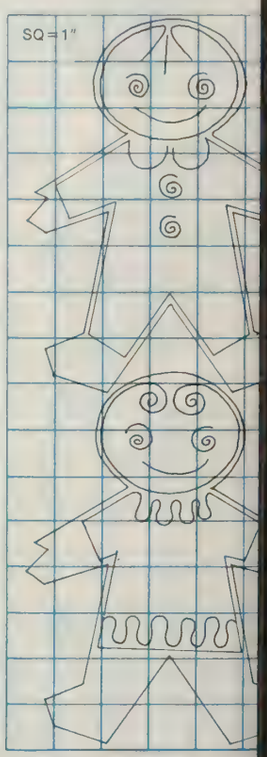
Trim edge to ⅜ inch and corners. Trim points. Turn side using blunt pointed push out points. Insert p stuffing, filling head and first. Stuff feet and body. Se ing closed by hand stuffing sew.



Gingerbread Door Piece

To make gingerbread pe lightweight cardboard; co on-one-side cardboard; so white string; brown pap white glue; and clear plast

For each cookie, cut t terns from lightweight ca



and three from corrugat board. Cut corrugated p that corrugation does not same way. Hold all pieces with rubber band at n ankles.

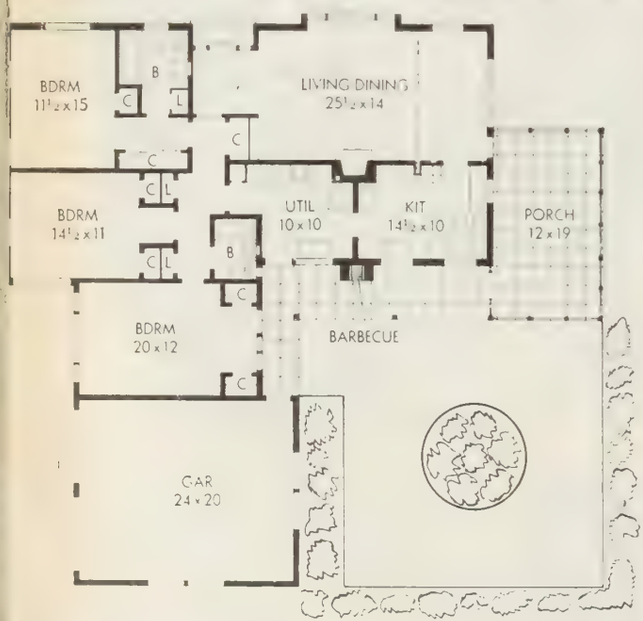
Cut 5-inch piece of st hanging loop. Tie overha

Continued on pa



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Home Plan No. 2001
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Examine this outstanding floor plan! You'll find three big bedrooms, all buffered from the rest of the house by a well-designed hallway. There's loads of living area; a huge living room complete with a cozy fireplace, a beautiful screened-in porch that can be converted to a family room, and a patio large enough to have a neighborhood barbecue on. Just for convenience sake you'll find two full baths, a two-car garage, and 10 closets. That's a lot of house built into 1723 square feet of living space. Complete plans for this Better Homes and Gardens classic are only $25 plus postage and handling.



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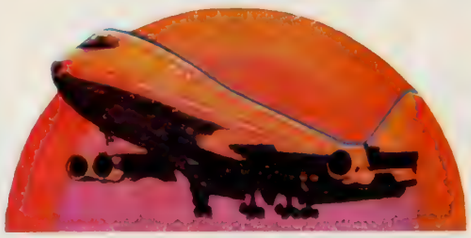
It's the gift of gold behind it.



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By Gordon G. Greer, Travel Editor

Wintertime bargain vacations in Europe



Last January, as a belated Christmas gift to American travelers, the transatlantic airlines hammered out an agreement to sell one-week wintertime package trips to Europe at prices substantially lower than those previously offered on scheduled flights. Their aim was to spur business in a slack season, and they succeeded—far beyond the optimists' wildest fantasies, in fact. So the program is being repeated in an expanded form this winter, and although prices have inevitably edged upward a bit—typically, $20 above the same package last year—you'll find few better travel buys anywhere.

Known officially as 7/8-day fall/winter GITs—because the air fare is determined by "group inclusive tour" rates—these packages are available from now to April Fool's Day, except for a three-week blackout of departures around the holidays, from December 15 through January 4.

From the East Coast, prices start at less than $300. What you get for your money is an economy-class plane ride plus ground arrangements totaling at least $70—usually a hotel room with bath or shower, continental breakfasts each morning of your stay, transportation between your hotel and the airport, and assorted "extras" that range from theater admissions to sight-seeing tours to discounts at nightclubs and stores.

Typically *not* covered by the one-week package price are lunches and dinners (except in rare instances), international travel tax ($3 per person), personal expenses, most tips, excess baggage, and whatever else the tour brochure doesn't specifically include.

Most of the more than 900 packages on the market fall into four basic types. Let's look at each.

Single-city holidays give you a whole week in one place—Lisbon, say, or Oslo, or indeed *any* city served by one of the transatlantic carriers. BOAC's London Show Tour is a good example. It includes a hotel room in London with bath or shower, continental breakfasts, a sightseeing tour, guest membership in a casino, a book of discount vouchers honored at approximately 100 local shops, and tickets to four West End theatrical productions—all for just $290 from New York. That price assumes you're traveling with somebody else and sharing a double room. All GIT packages charge extra for a single. The supplemental fee in this case is $30—and, no, two strangers are never made roommates.

If you'd like to spend more money for a ritzier hotel, your wishes can be fulfilled. Instead of paying the bottom price of $290, you could pay $310, $330, $350, or $370, depending on the level of poshness you opt for. Most GIT packages have this upgrading option, but you perhaps should bear in mind that relatively few people use it. Minimum-price rooms, though not lavish, are usually comfortable, and budget-conscious travelers seldom fault them.

Two-city packages let you split your week in half—not Madrid *or* Tangier, say, but Madrid *and* Tangier. A good example is TWA's Getaway Paris/Rome package. For a basic $367 from New York, it gives you a room with bath in a first-class hotel in each city, continental breakfasts, two sight-seeing tours—one in Paris, naturally, and the other in Rome—a boat cruise on the Seine, tea at Galleries Lafayette, a dinner with wine and dancing at a Roman countryside restaurant, a complimentary drink at two nightclubs in Rome, discounts of up to 30 percent at a variety of shops, tips for airport baggage handlers and hotel personnel (customarily not included in GIT packages), and an economy-class circle-tour ride on a jet airliner.

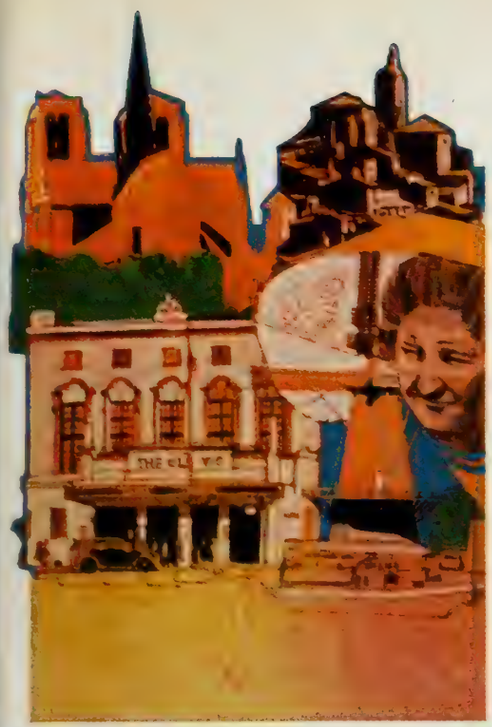
Just to keep the terms straight, a "circle tour" ticket means that you travel each leg of your itinerary by air. In this particular case, you fly from New York to Paris, take another flight later from Paris to Rome, then eventually from Rome fly back to New York. With a "round trip" ticket you would depart from the same city you deplaned at—New York to Paris, then Paris to New York, say. If you travel the middle portion of your journey by land—either in a rental car or by train or bus—you'll need what is known as a "single open jaw" ticket, which provides you with a plane seat from, say, New York to Paris, then from Rome (not Paris) back home to New York; air transportation between Paris and Rome is not included. It pays to understand these terms when you find them in brochures.

Fly/drive arrangements provide you a set of wheels—usually on a rental car, though you can often choose train or bus. An attractive illustration of this species is the KLM package called "A Week on Wheels in Holland." It features seven nights at a hotel near the Amsterdam airport and a week's use of a Volkswagen with unlimited mileage (you pay for the gasoline, however). You can also reap the benefits of the Day on the House program offered by the Amsterdam Tourist Office. Visitors are showered with an array of "freebies": a canalboat ride, a bicycle for a day, an all-day sight-seeing tour of Holland (obviously, you aren't expected to do all these things on the *same* day), a brewery tour (with samples), admission to the Rijksmuseum, a ticket to see the Concertgebouw Orchestra if it's performing—in all, 21 items worth perhaps $50 for which visitors pay nary a cent.

The basic price for this self-drive exploration of Holland—$300 per person if you leave from New York—assumes that two people are traveling together and sharing a hotel room and a car. Parties of three people or more get larger cars for the same per-person cost. Or two people can upgrade by paying an extra fee. For a $20 per-person supplement, you can trade the Volkswagen for a Fiat 128 or Opel Kadett, say; a $35 supplement could give you a Ford Taunus 1600 or Opel Rekord. Anyone traveling alone gets a car to himself without the assessment of a supplemental fee, but he doesn't get the usual free mileage allowance.

When you're comparing one fly/drive package with another, be careful in evaluating the automobile portions. Don't assume that you get anything that isn't spelled out. Sometimes you're given a car for just one or two days; you have to pay full rental fees to keep it any longer. Other packages boast that they charge you "only for mileage and gas." Since renting a car in Europe consists of three basic charges —the day rate, the mileage, and the price of gasoline, which in Europe is much more expensive than in the States—this sticks you with two out of three. With "unlimited free mileage" and a car for your whole stay—which is the best you can hope for in a one-week winter package—you must still pay for whatever gas you use.

Another item to check carefully is the overnight arrangements. Sometimes—as in the "Week on Wheels in Holland," for example—you get a hotel near the airport for all seven nights. Well, Holland is a small country, and you could tour it that way, returning to the same hotel room each evening, but in other, larger coun-





tries this approach is inconvenient. An appealing alternative would be the prerogative of stopping along the road in any city where a particular hotel chain has rooms, and indeed some fly/drive packages include this kind of arrangement. More common, however, is the "throwaway" plan, in which you're booked for most of your stay—after a couple of nights in the airport city—at a guesthouse or pension out somewhere in the boondocks. Most travelers never get within miles of these lodgings, preferring to pay extra for hotels along their route; they simply throw away their guesthouse vouchers. Obviously, the cost of their trip will be considerably higher than the basic price of the package. The reason for these throwaways is not to deceive you, incidentally, but to comply with the provisions of the transatlantic fare pact. One of its many rules pertaining to one-week GITs is that the packager must make available to you *some* type of lodging for every night you spend overseas. He could, of course, book you into a first-class hotel every night, but that expense, added to the cost of a rental car for a whole week, would make the overall price considerably higher than the appealing minimum figure of $70 in land arrangements. Besides, when you're driving, a prearranged itinerary can detract from the freedom of the road.

If you'd rather tour by train or bus instead of by car, you can often get a seven-day pass on either one within the structure—and at the same cost—of a normal fly/drive package.

Ski weeks deliver you to the slopes by air and land, and typically put you up in a chalet or guesthouse, sometimes without private bath. (Usually you can upgrade if you crave finer digs.) When you take one of Pan Am's ski weeks to Austria, for instance, your plane lands in Munich, where you climb aboard a bus to whichever destination you've selected: Innsbruck (a $311 package from New York), Kitzbuhel (also $311), or St. Anton ($320). That price covers continental breakfasts and tips, but ski lifts—and this is typical—are extra. The first departure is scheduled for December 9, at which time the slopes should be ready.

Beginning about a month later—on January 6—Pan Am will include cross-country tours among its ski weeks. These trips go to Norway—the plane lands in Oslo—where you can choose from among seven resort areas: Beito, Gausdal, Geilo, Hemsedal, Lillehammer, Tyin, and Voss. Prices from New York start at $305, which covers dinners as well as breakfasts and a final day in Oslo, where you stay overnight at a hotel.

People sometimes wonder if a group-tour airline ticket means they'll be stuck with the same crowd for their whole vacation. In this case, you need have no fear. All that's required for these one-week GITs is that the group (at least ten people) travel together in the air. On the ground, you're at liberty to go your own way. And you don't have to worry about forming the group. The airline takes care of it, and with absolute legality—there's no risk whatsoever of your being stranded overseas. Nor do you have to join a club or other so-called affinity group.

Here are answers to other questions often raised about these packages:

"How far in advance must you book reservations?" Ticketing, which requires a deposit of 25 percent of the air fare, must be completed no less than 30 days before departure. If you later cancel out, you may forfeit this deposit unless your reason is a serious illness or death in your family or a similar legitimate emergency.

"Is there a surcharge for traveling on weekends?" No. Most winter GITs leave on weekends, in fact—to accommodate wage-earners on a one-week vacation.

"Why are they called 7/8-day trips? Which is it?" You can think of it as either seven nights or eight days. If you leave the States on Friday, you'll return the next Saturday.

"Are these one-week winter bargain trips limited to Western Europe?" No, there are tours to North Africa, too, and to the Middle East and Russia. An example is "Russia 8," an escorted journey divided about equally between Leningrad and Moscow. The package includes all meals (an unusual feature), first-class hotel rooms, three theater tickets, and sightseeing. The cost from New York is $469.

"What do these packages cost if you're not starting from New York?" To find out, simply add—or in the case of Boston, subtract—the standard amount that applies to GITs from other places. Do *not* just add the price of a round-trip ticket to New York; no GIT supplement is ever that expensive. From Chicago, for example, you add $98. From Atlanta the figure is $112—as it also happens to be from Milwaukee and Miami. From Los Angeles or San Francisco, add $149. If you're leaving from Boston, you can deduct $5. To learn the magic number for other cities across the country—all with a fare increase of about three percent in the offing—inquire at an airline ticket office or call a travel agent.

"What if you want to stay longer in Europe?" You can't simply extend on a one-week GIT fare because these packages don't allow for any basic alterations. But most airlines offer an assortment of two-week winter packages that are also exceptional buys. Their essential features are similar to those of one-week GITs, with the same choice of single-city or multi-city plans, ski tours, or drive-yourself vacations. And the cost for staying longer may be less than you'd expect. For example, we've noted that TWA's one-week GIT to Paris and Rome costs $367 from New York. Their two-week winter package to the same cities plus London is $479—an extra week and another city for only 30 percent more money. And if you like, you can add a fourth city—Madrid—for just another $10.

"With something close to 1,000 one-weekers on the market, how should you go about choosing one?" First, collect brochures for the type of trip that most interests you. Study them very carefully and compare what each provides, paying especially close attention to the list of items not included in the package. When you've reduced the number of candidates to a manageable handful, call a knowledgeable travel agent and ask questions. ■

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Christmas how-to

Continued from page 132

in ends and glue at center top of head with knot ends between corrugated layers.

Tear paper bag in strips, then pieces about 1x2 inches. Pour white glue into flat container and dilute to one-third with water. Dip paper in glue and press on cookie edges beginning at top of head on both sides of hanging loop. Paper from one side over edge to other side, removing rubber bands when adding paper at neck and ankles.

Cover front and back of cookie with one layer paper strips, overlapping pieces slightly. Hang cookie to dry.

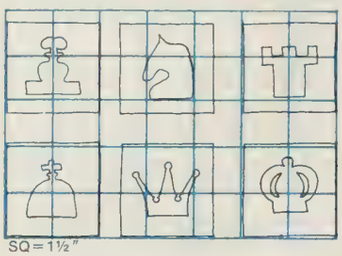
Draw on details with pencil. Dip string in glue, squeeze out excess, and outline details. Let dry. Paint both sides and edges of cookie with coat of glue. Hang to dry. Paint on clothes and when dry, spray with clear plastic spray.

Chess and Checkers Pillows *page 58:* Purchase or cut 6-inch foam into one piece 36 inches square and two pieces 18x36 inches. From 5 yards black oilcloth, cover all pillows. Machine-stitch three sides, hand-stitch last side.

From 1 yard red felt and 1 yard black felt, cut 32 squares of each (3½ inches square). Apply squares to top of large pillow with spray cement leaving a 4-inch border.

For chess and checkers pieces, cut 3-inch squares from white and black felt. Stitch two together, leaving opening. Stuff with navy beans and stitch closed. For chess, cut chess emblems from felt and stitch to beanbags. Make 8 white pawns, 8 black pawns, 2 of each for knights, 2 of each rooks, 2 of each for bishops, 1 each for kings, and 1 each for queens.

Turn bags over for checkers, using only 12 squares per side.



Drummer Door Decoration *page 58:* Put together own drummer from metal wastebaskets, cardboard rug tubes, and cardboard. Cover with oilcloth. Paint features.

Banners *page 59:* Cut closet poles to desired lengths and paint. Mix plaster of Paris according to package instructions and pour into plastic gallon paint buckets. Center poles in plaster and prop until plaster sets (about 20 minutes).

Cut banners from sailcloth. Decorate with fabric circles, snowflakes, reverse appliqué "holes" and Mylar by appliquéing to banner with zigzag stitch.

After banner front is completed, stitch front and back together, right sides facing, leaving end open. Press, turn, and press again. Cut cardboard to fit, insert, and zigzag raw edges closed.

Wrap fabric strip around pole and tack through cardboard of banner, through fabric, and into pole with decorated tacks.

Igloo Centerpiece *page 59:* To make the igloo, tightly stretch ¾ yard of 36-inch-wide stretchy knit-type fabric over an upside-down bowl approximately 12 inches across and 6½ inches high. Tie excess on bottom and push cloth under. Cut cardboard disk ½ inch larger than circumference of bowl and glue bowl to disk with white glue.

For grout and frosting glue, whip 3 egg whites at high speed. Add ½ teaspoon cream of tartar. Add 1 box confectionary sugar and continue whipping at high speed until peaks hold stiff. Make a second batch when needed.

Using the frosting as glue, place sugar cubes all around the bottom breaking a cube to fit at end of row. Use frosting as grout between cubes.

Place cubes around second row placing each cube over the crack between two cubes below, grouting between with frosting to make cubes fit in place. Continue placing cubes to the top, breaking cubes to fit and filling in with frosting.

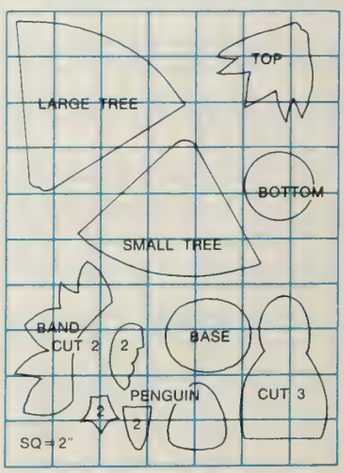
Cut two dome-shaped door pieces, about 3 inches high, from cardboard.

Curve 9x4-inch piece of cardboard over tops of door pieces to form tunnel. Glue and let dry. Cut a cardboard base longer than tunnel, glue on with extra length at back, let dry.

Push extra length of base back under igloo and trim away excess. Finish doorway tunnel with sugar cubes and frosting. Let igloo dry thoroughly.

Tree: Following pattern, cut, sew, and stuff trees.

Penguins: Follow pattern, cut all parts, sew body and stuff with cotton. Add chest piece, wings, feet, beak, and eyes.



Continued on page 137

Travel Directory

Tony Swan, Western Directory Editor

An insider's guide to family vacation adventures for readers who live in the Rocky Mountain territory or Far West

Photograph: David Drew Zingg



Hawaii's Kona Coast

The Kona Coast of the island of Hawaii is only about a two-hour drive from Hilo, which in turn is only about a five-hour flight from the California coast. But Kona is in many ways better than a century removed from today.

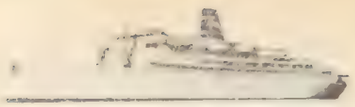
As the sun sets in Kailua and the chimes of Mokuaikaua Church blend with the fragrance of hibiscus to soften the gathering night, it is easy to imagine an evening in the early 1800s when the same chimes heralded the confrontation between Christianity and a crumbling Polynesian pantheism. Reminders of an even earlier Hawaii, largest of the islands, are visible on volcanic rocks in the region in the form of petroglyphs that conjure up images of the glory days of the mighty King Kamehameha I, who called the Kona region home.

Yesterday is indeed important to Kona. Many of the attractions that make this section of the Big Island's coast worth exploring are of a historical nature. Besides the petroglyphs and Mokuaikaua Church, you'll find Hulihee Palace, memories of Captain James Cook, and the haunting City of Refuge National Historic Park.

But Kamehameha wouldn't recognize his capital village of Kailua-Kona today. It has grown to be a comfortably modern, drowsily unobtrusive vacation center that is a great favorite with Hawaii newcomers and veterans alike.

Since the immediate Kailua area has a total of 2,392 hotel rooms, this little town by Kailua Bay makes a logical base for explorations of the western coast. The town also has a number of restaurants, some charming gift shops, and a theater that will delight movie buffs with its

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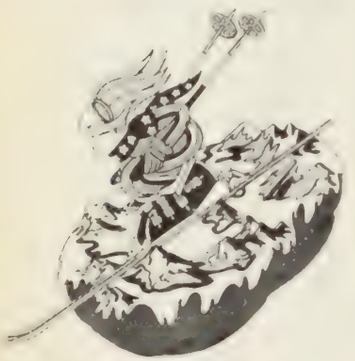
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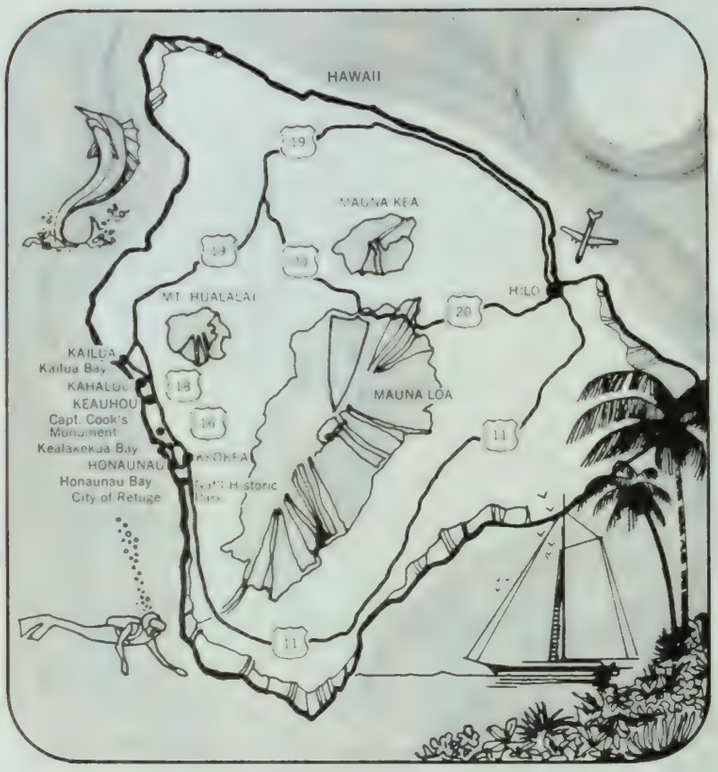
oldies but goodies: Greta Garbo and Ramon Novarro in *Mata Hari* is typical of the film fare served up.

Mokuaikaua Church and the Hulihee Palace, both built in the early 1800s, are the principal places to see in Kailua. The church was the first Christian place of worship in the islands. It was later partially destroyed by fire, and has been painstakingly restored, incorporating some of the original building materials. The church was made possible in large part through the help of the island's governor, Kuakini, who later built Hulihee Palace across the street (Alii Drive) from the church. The same basic primitive materials were used in both structures—coral mortar, lava rock, and ohia and koa wood. The palace was a residence for various Hawaiian rulers, including King Kalakaua who restored it in 1884 calling it the "Summer Palace."

Today the palace is managed by the Daughters of Hawaii, and houses a fine collection of superb Hawaiiana.

Many hikers like to use Kailua as a base since there are several fine trails in the area, one of them leading up to, and over, Hualalai Volcano. However, aquatic activities are Kona's mainstay with visitors. Thanks to the twin volcanoes Mauna Loa and Mauna Kea blocking the northeast trade winds, the seas around the Kona Coast are more benign than anywhere else in the islands, making the clear waters a favorite with fishermen and divers alike.

Kailua is a regular port of call for anglers whose specialty is the giant blue marlin. The Kona Charter Skippers Association lists a 27-boat flotilla ready to pursue the big fish, and the world-record blue marlin—1,100 pounds—was caught off Kona. Tuna, dolphin, wahoo, pompano, and barracuda are also taken regularly.



A placid alternative to the deep-sea charter boats is joining the anglers on the Kailua seawall. Good catches aren't always the rule, but interesting encounters with fellow fishermen are practically guaranteed.

If you'd rather look at the fish than catch them, glass-bottomed boats are available to provide a comfortable peek at the area's rainbow-hued reef-dwellers. One of the boats is worth seeing for its own sake—Captain Bean Beans' Chinese junk the *Lin Wa*, complete with a suit of red sails and carved dragon on the stern. Captain Beans usually tries to time the return from his last trip each day to coincide with sunset—if you begin humming the old *Red Sails in the Sunset* tune to yourself when you see *Lin Wa* coming home, you won't be the first.

The best way to see Kona's incredible coral reefs and the denizens is at close range. One way of doing this is in Kona's Underwater Park, where you can go 20 to 25 feet down into the crystal waters even if you've never dived before. A surface air supply makes breathing easy, and underwater plaques identify some 30 of the more common sea creatures you'll see. The fee is $12.50 per person.

The Underwater Park is operated by Hawaiian Divers, Inc., in Kailua, where scuba equipment, snorkling gear, and diving lessons are also available. The firm also has bicycles and boats in its rental inventory.

You'll need a car to negotiate the 20 miles of Hawaii-11 from Kailua to Honaunau Bay and the City of Refuge National Historic Park. It's a lovely trip through coffee plantations and old lava flows.

The idea of refuges dates way back into the murky lost beginnings of Hawaiian history. Briefly, the law was that anyone reaching a place of refuge could claim sanctuary from his enemies or absolution for breaking any *kapus* (taboos). This may sound like a charming game of prisoner's base in paradise, but the mandate was in deadly earnest. The object of war in ancient Hawaii was the total annihilation of the enemy, and for the ill-advised *kapu*-breaker death was the usual punishment.

At least five *pu'uhonuas* were built in the islands, but only the Honaunau refuge remained for restorers to study. Its great walls, temples, buildings, and carved gods look today as they looked four centuries ago, and at dusk you can almost see King Keawe-ku-i-ke-ka'ai, original builder of the refuge, stalking around the grounds.

The City of Refuge is located just off Hawaii-16 on the ocean. The easiest way to reach the site is via Hawaii-11 to Keokea, where direction signs will guide you.

Near the refuge is the "Painted Church," a personal monument to one man's faith—St. Benedict's. The humble little wooden building was lovingly and laboriously decorated by the Belgian priest Father John Berchmans Velghe between 1899 and 1904. The first right turn after you leave Hawaii-11 at Keokea will take you to the church.

About two miles north of the refuge on Hawaii-11 is Kealakekua Bay, where Captain Cook met his death February 14, 1779. A monument commemorates Cook's contribution to the development of the then Sandwich Islands, and a county beach park

s situated conveniently nearby.

Another stretch of road that's ertain to provide delights for our eyes is south of Kailua, bout five miles to the tiny set- lements of Kahaluu and Keau- iou. There are several nice eaches along the route, as well s gardens that seem to be com- osed of fireworks somehow rozen in mid-burst. A favorite vith photographers is St. Peter's, delightful miniature church ear Kahaluu Beach Park.

This is a particularly nice oute for bicycle touring, and lso offers some of the best norkling waters for beginners. ollow Alii Drive, Kailua's main treet, south out of the village.

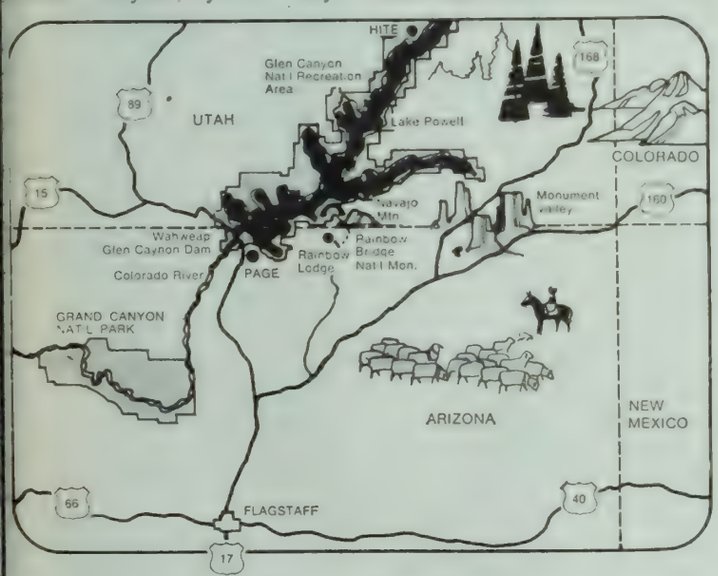
Getting to Kailua from the ther islands is easy, thanks to he new Keahole airport just utside of town. Several inter- land carriers serve the airport laily.

Anytime is a nice time to isit the Kona Coast. The aver- ge temperature is 75 degrees, vith just 30 inches of rainfall nnually at sea level. The area as accommodations to fit al- nost any budget, as well as amping facilities.

For further information, con- act the Hawaii Visitors Bureau, 270 Kalakaua Avenue, Hono- ulu, Hawaii 96815.

Rainbow Bridge and Lake Powell

Navajo legend has it that a rilliant rainbow turned to stone. After a visit to the Rainbow Bridge National Monument, estled in southeastern Utah's ustere canyons, you're very



ikely to become a true believer.

In the good old days—before 1963, when Glen Canyon Dam transformed the Colorado River nto Lake Powell—it was a long, hot walk to Rainbow Bridge: six more miles on foot if you made the five-day float trip down the Colorado; 14 miles if you began hiking from Rainbow Lodge; 24 miles if Navajo Mountain Trading Post served as the starting point. But when hikers beheld the vast, rosy sweep of the world's largest natural stone span, they invariably decided that the walk had been worth it.

These hiking trails, winding through the remote wilds of the rugged Rainbow Plateau country, still rate as favorites with adventurous types, but the creation of Lake Powell has put Rainbow Bridge National Monument within easier reach of even novice hikers.

From the edge of the lake, an easy half-mile trail winds up to Rainbow Bridge. Because of its graceful symmetry, you won't be able to grasp the immensity of the arch until you're practically leaning against one of its huge, salmon-pink sandstone buttresses. The bridge is 309 feet high—as tall as the U.S. Capitol building—and soars over a 278-foot span. At the top of the span the rock is 42 feet thick, with room enough on its upper surface to accommodate a two-lane highway (33 feet).

If you're interested in something a little more challenging than the trail, try walking up the bottom of the canyon. You'll find yourself quickly isolated from the noise of the trail above, with overhanging ledges offering cool havens for lunch. However, this is a route to beware of in chancy weather, due to the danger of flash flooding.

Getting to Rainbow Bridge is half the fun—more than half if you're interested in spending more than just one day in the area. Lake Powell, with its 1,800 miles of red sandstone shoreline, stretches 186 miles from Glen Canyon Dam, near Page, Arizona, to Hite, Utah. It is the world's second-largest man-made lake and the focal point of the immense Glen Canyon National Recreation Area, a magnificent playground of sunburned cliffs and glistening, blue water.

Perhaps the most pleasant way to see Rainbow Bridge—and to avail yourself of Lake Powell's sights and experiences—is in a boat, ideally a houseboat. There is an excellent launching facility adjacent to the big marina at Wahweap Basin, near Page, with other facilities at Hall's Crossing, Bullfrog Basin, and Hite, on the northern part of the lake. If you aren't planning to tow a boat on your vacation, you'll find a wide selection of rentals available at the Wahweap marina, everything from fishing and water-ski craft to houseboats. Small boat rentals range from $22.50 per day, houseboats from $80.

If you prefer to make your Rainbow Bridge visit just a one-day outing, however, the best way to get there is by taking an excursion on the *Rainbow Trail*, a 48-foot twin diesel excursion boat that operates daily out of Wahweap Basin. The journey to and from Rainbow Bridge Canyon—about 110 miles round trip—is a daylong cram course in Lake Powell topography. The boat's skipper narrates the trip, providing facts, figures, and landmark names, and peps up the return voyage with exploratory probes into tight little side canyons. With the lake still rising, new corners of the canyon systems are always opening up.

The fare for the Rainbow Bridge cruise is $28.50 per adult, $19.75 for children under 12, and includes lunch. Canyon Tours, Inc., the Wahweap concessioner, also operates a number of other cruises, ranging from a one-hour outing in Wahweap Bay ($2.75 for adults, $1.50 for children) to a five-day cruise-and-hike expedition that combines all the firm's other tours ($197.50 for adults, $177.75 for children).

If you're a fisherman, the lake is almost guaranteed to capture your heart. Since May of 1963, when the new lake was literally bombed with bass, trout, and salmon fingerlings, anglers have been arriving in increasing numbers—and going home with big fish and even bigger stories. Licenses and fishing gear are available at all of the facilities on the lake.

Should you care to mix a little desert touring in with your lake excursions, Page is close to Grand Canyon National Park, to Monument Valley, and to the Four Corners area. Canyon Tours operates several four-wheel-drive trips into the canyons and ghost towns of the surrounding countryside. Prices range from $7.50 for a two-hour

➡

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In this section, you'll find sources of information to help you and your family pick the best vacation spots across the West. Check these sources carefully before planning *any* trip.

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2 IDAHO SKIING—A new color brochure, Ski the Great Potato-Idaho, describes facilities, slopes & runs, with photos & maps, for Idaho's 26 ski areas.
3 ADVENTURE IS . . . A VISIT TO THE MONTEREY PENINSULA—historic sites, great golf, fine dining, unique shops, spectacular scenery. Brochures.
4 SOUTH SEA CRUISES—43-day round-trip cruise from California. 32, 26 & 22-day Air Sea cruise-tours.
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7 FORD MINI-HOME VACATION RENTAL—Ski equipped pickup campers & motor homes. Sun Valley Ford, Sun Valley California. Winter rates.
8 TIMBERLINE "LEARN TO SKI" KIT—Exciting Ski Package from famous Timberline Lodge atop Oregon's Mt. Hood. 3 lifts, night skiing, pool, historic overnight lodge. Special free "Save Money-Learn-To-Ski" kit.

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Travel
Directory

trip into Crazy Horse Canyon, the setting for *MacKenna's Gold*, *Planet of the Apes*, and *Bandolero*, to $25 for several daylong outings.

Still another way to experience the explosive canyon country scenery is from the air. Page Aviation has a variety of charter trips available from the Page Airport.

If there's an engineering buff in your family, stop in and visit Glen Canyon Dam, open daily. Towering 710 feet above bedrock, the dam is the largest of the Colorado River Storage Project as well as the largest ever undertaken by the Bureau of Reclamation. There is no admission charge.

Motel accommodations are pleasant, plentiful, and reasonably priced at Wahweap and in Page, although during summer months reservations are recommended. There are also campgrounds in the area.

Lake Powell weather tends to be cool and fair during December, with daytime highs in the 55- to 60-degree range—excellent for hiking. The weather tends to be at its chilliest during January.

Page is less than a day's drive from Salt Lake City (via US-89) and Phoenix (I-17, US-89), and is on direct routes from Las Vegas, Los Angeles, Denver, or Albuquerque. If you plan a fly-and-drive vacation, Page is served daily by Hughes Airwest and has rental cars available (reservations recommended).

For further information, contact the Travel Development Section, Department of Economic Planning and Development, 3003 North Central Avenue, Suite 1704, Phoenix, Ariz. 85012; the Utah Travel Council, Council Hall, Salt Lake City, Utah 84114; the Glen Canyon National Recreation Area superintendent, Box 1507, Page, Ariz. 86040; or Canyon Tours, Inc., Box 1597, Page, Ariz. 86040.

California for Christmas: taped auto tours

If you have a travel gift in mind for your family this Christmas, the magic of recording tape can make your present a big one—California, divided and guided in 14 one-day pieces.

Each taped auto tour gives an hour and a half of narration as you travel privately over a preselected route. The commentary is timed to match speed limits en route. The narrator gives the signal for breaks in his spiel by saying "turn me off" when it's time to get out of the car to take a look at an attraction, giving instructions on when to "turn me on again" as he does so.

The tapes are the work of California writers and are well-organized and accurate, with plenty of detail and local color. Even if you're a native Californian, you're likely to encounter an obscure detail, or a worth-knowing bit of trivia that's new to you—for example, the exact length of the Golden Gate Bridge (8,540 feet), or the number of giant sequoia seeds to the ounce (approximately 6,700).

You'll be introduced to some enduring characters out of California history as well. Luther Burbank, Captain John C. Fremont, and Auburn's Rattlesnake Dick are just a few.

There's more, too: hints on how to trim the odds down to size on the Nevada gaming tables, for example, or a short course for surfboard beginners.

While detail is plentiful, the tours nevertheless manage to cover considerable chunks of distance. The shortest—Monterey to San Luis Obispo via the coastal California Highway-1—is 138 miles. The wine country loop tour out of San Francisco covers 160 miles, and the Sacramento to South Lake Tahoe route, 217 miles long, includes tours of Reno and Virginia City in Nevada.

The tapes can fit in with a fly-and-drive vacation as well as a junket in the family car. Hertz Rent A Car, TraveLodge International, and American Airlines are all involved in the taped tour service, offering discount combination packages as well as individual tapes. You can link up tapes for tours up to 1,400 miles long.

The tapes are available on a rental basis at $3.95 and $4.95 each, with a $20 deposit required for the tape player. The tapes can be purchased for $5 over their rental prices.

Hertz locations carrying the tapes are: Beverly Hills, at the Century Plaza Hotel; Fresno Air Terminal; several in the Los Angeles area; Sacramento Metropolitan Airport, and at the K Street office; San Francisco, at the Mason Street office; Reno Municipal Airport; Monterey Peninsula Airport; South Lake Tahoe Airport.

Six TraveLodges have tapes available. They are: Fresno Downtown; Los Angeles West; Monterey Fairgrounds; Sacramento Downtown; San Francisco Wharf; South Lake Tahoe.

Comprehensive Communications, Inc., the New York firm that produces the California tapes, also offers tapes on Gettysburg and seven national parks: Rocky Mountain, Great Smoky Mountains, Glacier, Yosemite and Grand Teton in the U.S., and Canada's Banff and Jasper parks.

For further information on the tapes, contact Comprehensive Communications, Inc., Auto Tape Tours Division, 565 Fifth Avenue, New York, N.Y. 10017; Hertz Rent A Car, 660 Madison Avenue, New York, N.Y. 10022; TraveLodge International, P.O. Box 308, El Cajon, Calif. 92020; or American Airlines, 663 Third Avenue, New York, N.Y. 10017.

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PROMISE HIM ANYTHING. BUT GIVE HIM MUSH.

A man dreams of fanciful gadgets for Christmas. But you know what he needs. Mush. Because a steaming, hot bowl of mush will give him a husky, healthy start to his day.

Very simply, it's the nutritious, hearty part of the wheat in Wheat Hearts® mush that gives men the same kind of courage and determination that made men of the Old West so danged courageous and determined. And it can give your man the kind of stuff it takes to come out on top in today's tough, competitive world.

So this year, give him mush. Mush makes men.



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What to use on your wood furniture

You'll often find an instruction hangtag on a $10 blouse, but a $500 piece of wood furniture usually lacks any such use-and-care help. You're on your own, unless the sales person offers advice about the finish and best choices of polish or wax.

The absence of instructions often results in over-waxing and over-polishing, even to the extent of damaging the finish. Some new finishes are so tough they need only routine dusting.

Tailor care to finish type

Most woods come in several finishes. The National Association of Furniture Manufacturers suggests these polishing-waxing-cleaning techniques:

High gloss: Choose either a liquid polish, which may come in an aerosol can, or a paste wax. Paste wax requires rubbing to bring out the sheen, but protects well against gritty residue on the surface. Pour or spray liquid polishes on soft cloth, rather than applying directly to wood. Let dry according to directions, then buff with a soft, lintless cloth.

Satin gloss: Use a cleaning polish or cream wax without silicone. If sheen has become shine from previous waxings, remove wax with a cloth dampened in mineral spirits. Apply thin, fresh coat of polish or wax, and then rub with a soft cloth.

Low gloss: Use a liquid polish designed for low-luster wood, or a cleaning wax that removes surface soil and protects finish without producing a shine. If you want a higher luster, use a paste wax sparingly. Wax small area at a time; bu with a soft cloth.

Oil finish: Wash periodically with mil soap solution to which a few drops o mineral spirits or lemon juice have bee added. Then apply boiled linseed o (available already prepared at hardwar and paint stores). Dust with a cloth damp ened with clear water and glycerine o mineral thinner. (Note: Cloths saturate with linseed oil can be a fire hazar Dampen them after use, and dispose o them promptly.

Painted finish: Wipe with a barel damp cloth, or a sponge dampened in mild soap or detergent and water solution Avoid any wax or liquid polish whos label doesn't state it's for painted sur faces.

Antique furniture which has develope a lustrous patina needs the same care a high-gloss finishes. Its patina is a com bination of wood tones and older type of finishes. Avoid a heavy buildup of wax

Get acquainted with polish and wax

You have a choice of oil, cream, an cleaning polishes; cleaning and past waxes; and dusting waxes. They ma come in aerosol form, or in a tube, can, o bottle. Some polishes have lemon oil o its fragrance added. Beeswax may also b an ingredient.

Some cleaning and dusting waxes con tain silicone. Even though it does pro duce a higher gloss, the ingredient is very controversial. Few products admit on th label that they contain silicone. You'r least likely to find it in high-grade pol ishes. To be safe, use a polish that has n silicone for very expensive furniture, o very worn surfaces, or on wood that yo plan to refinish some day.

Use only polishes recommended fo furniture. A self-polishing floor wax, fo example, would soften the furniture finish Don't use kitchen or appliance wax fo wood furniture.

Polish or wax every few months. To frequent use of a polish or wax will buil up a film that actually reduces the beaut of the finish.

Always follow directions on the label Pretest any new wax or polish on a small inconspicuous area. Let stand a few hours and then decide if the appearance is th one you want for the entire surface. Yo may need several types of polish if yo have varied furniture finishes, or you ma find one polish that works for all.

Dust before polishing to remove an abrasive particles that might scratch fin surfaces. Use dust cloth of flannel, wool old diapers, underwear, or washable all purpose paper cloths. Wash cheesecloth several times before using, to remove siz ing. A polish-treated cloth is excellent fo a polished finish, but may soften wax o a waxed surface.

Once a year, clean the furniture wit a cloth or sponge wrung out of sudsy solution of mild soap and water to remov wax buildup. Do not wet joints. Work quickly, washing, rinsing, and drying small area at a time.

A CALIFORNIA TRADITION: THE FRESH FRUIT HOLIDAY SALAD.

Decorate your table with a shimmering salad. You make it with fresh California avocado and Lime Jell-O® Brand Gelatin; crown it with a bright cranberry layer. Mildly tart, just sweet enough, and so pretty it's like gift-wrapping your holiday table. Serve it as a first course or save it for a light dessert. It will make any holiday meal special. And make your reputation.

California Avocado-Cranberry Layered Salad

- 1 package (3 oz.) Jell-O® Lemon Gelatin
- 3 tablespoons sugar
- 2 cups boiling water
- 1½ cups cold water
- 1 cup fresh cranberries, ground
- 1½ teaspoons prepared horseradish (optional)
- 1 package (3 oz.) Jell-O® Lime Gelatin
- ½ teaspoon salt
- 1 tablespoon lemon juice
- 1 fully ripe California avocado, peeled and mashed
- 3 tablespoons sour cream

Dissolve Lemon gelatin and sugar in 1 cup boiling water. Add ¾ cup cold water. Chill until thickened. Fold in cranberries and horseradish; pour into 1½ quart mold. Chill until set but not firm.

Dissolve Lime gelatin and salt in 1 cup boiling water. Add ¾ cup cold water. Blend in mashed avocado, lemon juice and sour cream. Chill until slightly thickened; spoon over cranberry layer in mold. Chill until firm. Makes 8 to 10 servings.

Make some one happy. Make some one Jell-O.



Love Food from California

California Avocado Advisory Board

Jell-O is a registered trademark of General Foods Corporation

Can you still buy government land?

You probably will have to look long and hard to find a tract of public land for sale that suits your purposes. But there still is some left.

The federal government sells land in tracts that range from a fraction of an acre to hundreds of acres or more. Much of this property has been picked over pretty well, although some is fit for grazing, or as a homesite. Once you've bought the land, there are no federal restrictions on what use you make of it.

Most public land that's up for sale is in the West—Ariz Montana, Wyoming, Colo New Mexico, Oregon, Ne Idaho, Utah, California, Washington. Small amount main in Alabama, Arka Louisiana, Michigan, Minne Mississippi, and Wisconsin, land sales in these states are and no sales are planned i foreseeable future. No lar available in any state not l here, including Alaska.

The best information so on available public land is *Public Lands*, a quarterly m zine that you can get for year from the *Superintende Documents, Government P ing Office, Washington, 20402*. It gives listings of p lands to be sold in the nea ture, a thumbnail descriptio the lands, including location appraised price, and other ful data.

Be sure to read the des tion of the tract carefully. S parcels are completely surro ed by private holdings, and would need an access agree with your neighbors to reac land.

If you find a parcel li that interests you, get addit information by writing the reau of Land Management for the state in which the p is located. Ask for a prosp giving a more complete des tion, the date of sale, and form. If you wish, you ca spect the property or arran have someone do it for you. don't need to put up mone services of private prom who offer "inside" inform or say they'll file claims for You'll get all information need from the bureau wi charge.

The only way to buy p land is through public au sales held in any of the ten offices of the Bureau of Management. You can send sealed bid by mail, appe person, or have a represent appear for you.

Each parcel is appraise the government at the fair ket value. All bids must b the appraised price or highe times, the final bid price ma two or three times the appr price. It's probably smart fo or a representative to be a auction, since bids made by cannot be raised unless the der or his representative the sale.

All mailed bids must b companied by a certified c post office money order, or ier's check. All public lands must be paid for in full a time of sale. The successfu der also must pay the co publishing legal notice of sale in a newspaper.



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In the Almadén region of California, our wines are blessed with a noble ancestry.

Because here, in the Paicines mountain vineyards, near San Juan Bautista, a cooling Pacific breeze gives Almadén grapes a rare ambiance for growing into exquisite wines. Such as Pinot Noir. Or Gamay Beaujolais. Pinot Chardonnay. Or any of 26 types of magnificent wines, born and raised much like the Franciscan friars raised *their* wines in this region over 100 years ago.

Come and share our family.
Come to Almadén.

AlmadénWines
A family of fine wines since 1852.

Mrs. Jones, we wouldn't let you cook a package dinner that nobody wants to eat.

Package Dinners you'll be proud to serve.

We know it's not much fun to put together a whole dinner for your family and not have anyone enjoy it.

That's why at Del Monte we spent years testing Grand Tour Dinners. We tested them in our kitchens, we tested them in homes.

We made sure there was enough in each package to feed a family of four. And we found out that parents liked them, little kids liked them.

Even more than we expected.

You just add a pound of ground beef.

We've done all the rest.

We put crisp tortilla chips and corn in one, curly noodles and cheese in another. We made up menus with sliced carrots and burgundy sauce and noodles, another with chunks of pineapple and tomato wedges and rice.

Grand Tour is the finest package dinner you can buy. But that's what we had in mind when we made it.

Prepared Beef Burgundy.



Grand Tour by Del Monte®



Package dinners are one thing.
Grand Tour is another.



The 3-Minute Japanese Dish

...that took 2,632 years to perfect

Oriental-Style Noodles in a Robust Broth
Ready to Serve in Just Three Minutes



In her feudal days Japan was thickly dotted with hundreds of beautifully decorative castles, the fortress residences of local lords. Few stand today, massive monuments to a gracious ancient culture.

For hundreds of years the Japanese have enjoyed a dish they call now "rá:men." We make the best ramen. It's called TOP RAMEN, of course.

Now Americans can enjoy our TOP RAMEN in several different ways: a satisfying snack, a totally new side dish, with hard boiled eggs or your favorite vegetables.

Try TOP RAMEN today! It's as old as Japan but full of new instant flavor, a delightful and economical dish ready to serve in just three minutes...but the taste took thousands of years to perfect.

Add noodles to 2 cups of boiling water in a saucepan. (If you like shorter noodles, cut in half before cooking). Cook for 3 minutes, stirring occasionally. Do not overcook. Stir in seasoning and add chopped green onions, ham, hard boiled eggs, boiled mushrooms and spinach. (Or use whatever vegetable is in Season). Remove from heat and serve immediately. Then you can enjoy "Ham & Egg Ramen."

Top Ramen is made by NISSIN FOODS (USA) CO., INC.
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NOW AVAILABLE: beef, chicken, pork flavored Top Ramen

GOOD COOKING GUIDES FOR BUSY HOSTESS

Shortcut Cooking—195 recipes from snacks to main dishes. Table Settings—Simple, inexpensive ways to add glamour. Cooking with Herbs and Spices—Helpful tips for seasoning. Order all three booklets for only $1. Better Homes and Gardens, Dept. 2M0, P.O. Box 374, Des Moines, Iowa 50302.

Is your home safe?

To find out, take a 20-minute tour of your house. This trip *is* necessary.

In 1970, 26,500 persons were killed in home accidents, according to the National Safety Council.

Falls are the biggest killers. In 1970, 9600 persons of all ages died from home falls. Most fatal falls in the home occur when individuals are walking on the same level, not climbing up or down stairs. Check your house for booby traps. Are there any objects left around for people to trip over? Is furniture inconveniently placed or moved from its customary spot? Are there worn or unanchored carpets or rugs? Many falls are caused by improperly waxed floors and spilled food or liquid. Dark and obstructed passageways invite accidents, too. Do members of your family have a tendency to hurry? Speed increases their chance of falling.

In 1970, fire killed 5600 people. This is the second major cause of accidental death in the home. Most fires start in the living room, kitchen and bedroom. Carelessness is the cause of most home fires. For example, grease is allowed to build up on the range; old papers, boxes and rags pile up; cleaning fluids, kerosene, gasoline and paint thinners are left near a source of heat or someone falls asleep while smoking.

Some of the 5600 fire victims last year died of burns, some from panic, but most from smoke and gas. Because smoke and gas are carried upward in the heat draft, three-fourths of all fire victims die upstairs from fires that are downstairs.

Another major threat to home safety is accidental poisoning. It accounted for 2500 deaths in 1970. If your house is average, it contains about 40 household products and medicines that could cause poisoning if misused. Improper containers are frequently the cause of trouble. Using soft drink bottles to store cleaning fluids, paint thinners, etc., can cause fatal mistakes about the contents.

Don't assume your medicine cabinet is out of your child's reach. Children have an amazing ability to climb to high places. Keep the cabinet locked to protect inquisitive children.

Gun accidents—not murders or suicides—killed 1200 people in homes last year. That's more than the total accidental deaths involving guns in all other locations combined—woods, fields, practice ranges, etc.

How can you prevent a tragedy from happening at your house? Think safety in everything you do, and make your environment as safe as possible. Also, teach your children the importance of safety in the home.

Start by considering traffic patterns in your house. Is there an obvious traffic pattern or must family members walk around a chair? If so, move it out of the traffic path.

Tack down loose carpet and anchor throw rugs with slip-proof backing. Make sure stairways are well lighted with a switch at both the top and bottom. If needed, add a banister or a sturdy handrail two or three inches from the wall. If you have items stored in high areas, buy a step stool or stepladder for reaching those cabinets.

To prevent fires, keep combustibles such as curtains the proper distance from heaters and ranges. Portable heaters should be placed away from towel racks, bed clothing and curtains. Screen the fireplace to prevent sparks from flying into the room. Check to be sure all appliances have UL approval. Also make sure wiring is adequate to carry the electrical load requirements.

Special storage space should be provided for guns and potential poisons to prevent accidental deaths. A gun rack should have a lock on it so that inquisitive children and adults not trained to use guns cannot get to them. Medicine cabinets should have a special section which can be locked. Household cleaners should be stored out of the reach of children.

Your home will be safer if safe habits are developed. A safe floor plan will not prevent falls if objects that can trip people are left around the house or if spills are not cleaned up immediately, or if the banister is not used.

Buying safe equipment will not prevent fires if frayed cords are not replaced, or if cords are wound around appliances, or if extension cords are run under carpets, through doors and over nails. Careless practices such as smoking in bed, letting papers accumulate, confining oily rags to a small space, quickening a fire with kerosene, placing flammable liquids near heat—all of these can cause a fire.

On your 20-minute trip around your home, did you see any spot that was a potential hazard? If you did, correct the problem immediately. We don't want you and your family to become a statistic. ■



The most delicious gathering of grains, nuts and fruits that ever got together in one box.

Introducing Quaker 100% Natural Cereal.

The first time you taste it, you're in for quite a surprise. The nutty flavor comes from wheat and oats. The crunchiness comes from chopped almonds and coconut. The chewiness comes from raisins and dates. The sweetness comes from honey and brown sugar.

An avalanche of those naturally good things that have always delighted mankind. With all their original taste, texture and nutrition intact.

No synthetics. No mystery ingredients.

What you read on the box is what you see on your spoon. Nothing synthetic has been added. Nothing natural has been taken away. And that's why Quaker 100% Natural Cereal tastes so unusually good.

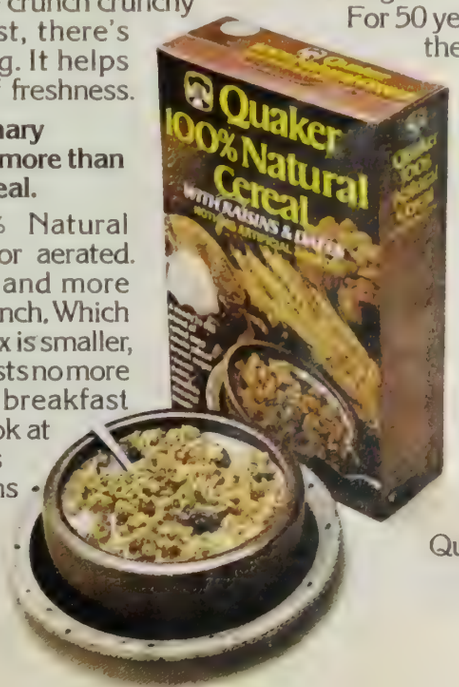
The only artificial preservative in our box is our bag.

Unrefined whole grains like the ones in Quaker 100% Natural Cereal are born with their own natural means of self-preservation. Since Quaker doesn't process out these natural preservatives, we don't have to add any artificial ones.

But to insure a perfect inner atmosphere that keeps the crunch crunchy and the fruits moist, there's our tough inner bag. It helps lock out the foes of freshness.

An extraordinary cereal that costs no more than ordinary cereal.

Quaker 100% Natural Cereal isn't puffed or aerated. So there's less air, and more solid food per cubic inch. Which is why, though the box is smaller, ounce for ounce, it costs no more than the ordinary breakfast cereal. Yet a close look at our table of contents shows that it contains a host of premium-priced ingredients.



We never really left the farm.

Quaker didn't make 100% Natural Cereal just to jump on the back-to-nature bandwagon.

For 50 years we've been as close to the good growing things as you can get. The great grains, the fruit of the vine, honey from the flowers. So the idea of a natural breakfast cereal seemed especially refreshing.

Nothing's as exciting as an idea whose time has come.

Our concept was to create a truly modern cereal. With all the old-fashioned virtues.

We did. And its time has come.

Quaker 100% Natural Cereal.

The Sea Ranch Life



Here are the new cluster homes on the edge of The Sea Ranch Forest. These handsome cedar shingle dwellings are available in a number of plans. Each house enjoys sweeping ocean views. See the models now.

'After seven summers, suddenly The Sea Ranch is a community. A beautiful and very alive place.'

Like forest mushrooms, houses have been springing up quickly around The Sea Ranch. Next time you visit, you are bound to notice the change from a place with a few scattered houses to what is now a community of homes. You will see, we think, that the great beauty of The Sea Ranch remains untouched. Thanks to good planning, homes are well-spaced. Most houses, already weathered by the sea air, look as though they grew from the landscape. And the countryside has never been more beautiful.

Isn't it time you caught up with the exciting changes at The Sea Ranch and checked over all the many different ways you can enjoy country life here? New condominiums, cluster homes, new meadow and forest sites are ready to see. Send the coupon for more information now.

The Sea Ranch is just 105 miles from San Francisco on the Sonoma County Coast above Jenner.

The Sea Ranch, P.O. Box Number One, The Sea Ranch, California 95497 BH-31

Please furnish me more information on The Sea Ranch, including complete details on the recreational facilities.

Name_____

Address_____ Phone_____

City_____ State_____ Zip_____

The Sea Ranch is developed by Oceanic Properties, Inc., a subsidiary of Castle & Cooke, Inc.

Head-start holiday dinner

Is it *your* year to have the clan for Christmas dinner? Don't panic—save time and effort by preparing most of the meal ahead of time. In this menu, the ham is presliced so it's also precarved; fruit salad is done and chilling while you greet the guests; the dessert pie is in the freezer days ahead.

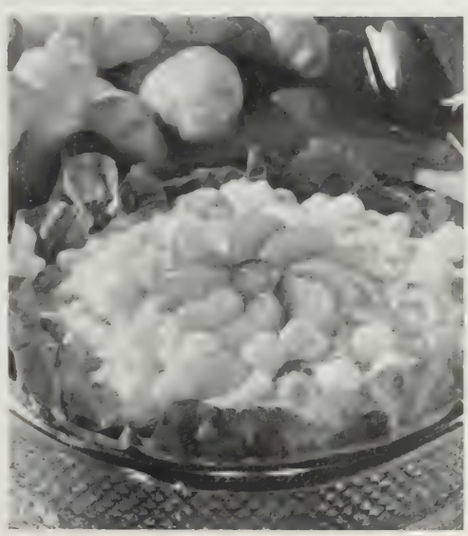
Orange-Cran Ham
Baked Sweet Potatoes
Creamed Peas with Tiny Onions
Lemon Fruit Salad
Heat and Serve Croissants
Mincemeat Alaska Pie
Coffee

To make this meal even easier:

- Use an electric knife to cut the ham into thin, uniform slices with ease.
- Let whole sweet potatoes share the oven with ham for the last hour or so of roasting time.
- Pop elegant-looking frozen packaged rolls in, too, just long enough to heat through and brown lightly.
- Prepare handy boil-in-the-bag-style peas with onions.
- Increase oven temperature to 475° when you remove the ham, so the oven is ready to heat the Alaska pie while you clear the table and serve coffee.



Photographs: Scott





ORANGE-CRAN HAM

Orange marmalade and fresh cranberries are in the spotlight here—

8-pound cook-before-eating whole formed ham
½ cup sugar
3 tablespoons cornstarch
1 12-ounce jar orange marmalade
2 cups fresh cranberries, ground

Cut ham into ¼-inch-thick slices. In small saucepan, blend sugar and cornstarch; stir in orange marmalade and cranberries. Cook and stir over low heat till sugar dissolves and mixture thickens and bubbles. Cool. Spread mixture on every second ham slice, using about 1 tablespoon for each. Reassemble ham to original shape. Tie slices together and place on rack in shallow baking pan. Roast in 325° oven for 2¼ to 2½ hours. If desired, baste ham with pan juices last 15 minutes of roasting time. To serve, place on platter and remove string.

LEMON FRUIT SALAD

Tapioca pudding makes a creamy dressing for this version of 24-hour salad—

1 11-ounce can mandarin orange sections
1 8¾-ounce can peach slices
1 8¾-ounce can pineapple tidbits
1 8¼-ounce can green grapes
¼ cup sliced maraschino cherries
1 3¼-ounce package lemon tapioca pudding mix
2 tablespoons lemon juice
1 cup tiny marshmallows
2 cups frozen whipped dessert topping, thawed

Drain oranges, peaches, pineapple, grapes, and cherries, reserving 1½ cups syrup in all. Prepare tapioca pudding according to package directions *except* substitute the reserved 1½ cups syrup for milk called for on package. Stir in lemon juice. Cover surface of pudding with waxed paper; cool. Remove waxed paper. Dice peaches; fold into pudding along with other fruits, marshmallows, and dessert topping. Chill several hours. Makes 8 to 10 servings.

MINCEMEAT ALASKA PIE

Another time, use brandy- or rum-flavored mincemeat and omit sherry—

1 pint vanilla ice cream, softened
1 9-inch baked pastry shell, chilled
3 egg whites
½ teaspoon vanilla
¼ teaspoon cream of tartar
6 tablespoons sugar
2 tablespoons dry sherry
2½ cups prepared mincemeat

Spread softened ice cream in bottom of baked pastry shell; freeze till firm. Meanwhile, beat egg whites, vanilla, and cream of tartar till soft peaks form. Gradually add the 6 tablespoons sugar, beating till stiff peaks form. In separate bowl, stir sherry into prepared mincemeat. Remove pie from freezer. Working quickly, spread mincemeat mixture atop ice cream. Spread meringue over pie, carefully sealing edges to pastry. Place a 3- to 4-inch-high cardboard collar around pie plate; secure. Wrap in moisture-vaporproof wrapping; seal, label, and freeze. To serve, remove pie from freezer, unwrap, and place on wooden cutting board. Bake in 475° oven 5 to 6 minutes. With sharp knife dipped in water, cut in 8 wedges to serve.



Photographs: Hopkins. Designer: Yoshie Good

Flowerless flower arrangements

Fabric flowers are great decorating accents during the long winter months when posies are scarce and expensive. You can buy your make-believe blossoms or create them from scratch as we did.

Here we've combined both real-as-life and frankly bogus blooms with a variety of fall materials. You won't need many of these fabulous fakes to turn out dramatic designs.

Organdy poppies mixed with dried seed pod branches form a striking contemporary arrangement in a geometric container. To make poppies, cut six petal shapes about three inches wide by two inches long. Brush on household dye with a small paintbrush, and pleat with iron. Gather inside a circular fabric disk at base and attach a taped wire stem.

Combine gingham and checked cotton flowers with three bare branches in a raw wood salad bowl, and you have a charming centerpiece. To make tulip-type blooms, cut a bias strip 12 inches long and four inches deep. Fold fabric in half and roll with cut side down around fake stamens and wire stem. Cover raw seam at bottom and stem with tape.

Elegant velveteen roses are added to graceful pine boughs in a formal Georgian container. To make roses, cut five large, three medium, and five small heart-shaped petals. Slit tip of heart shape. Cross over and glue fabric. Dampen and curl edges over a pencil. Assemble petals in three layers, making outer petals looser. Bind with wire at base and add stems and petals.





Smart cookies use real butter.



GOLDEN BUTTER COOKIES

1 cup butter (2 cubes)
¼ teasp. salt
¾ cup sugar
1 egg
1 teasp. vanilla
½ teasp. almond
2½ cups sifted flour

Cream butter with salt till soft. Blend in sugar, ¼ cup at a time till mixture is fluffy. Beat in egg, vanilla and almond. Stir in flour. Pack dough in cookie press; press shapes on ungreased baking sheet, bake at 400 deg., 8 to 10 min. Cookies should be set but not brown. Makes 6 dozen.

Chocolate variation: Blend into the shortening mixture one square (1 oz.) melted and cooled unsweetened chocolate.

MANUFACTURING MILK PRODUCERS OF CALIFORNIA

Look alive when you drive

You wouldn't continue to drive when you're obviously falling asleep at the wheel. But falling asleep isn't obvious. The euphoria that comes in early sleepiness deludes you—until your eyes close, the car swerves, and you come to a final rest.

Drowsiness can overtake you at any time while driving, though it's most likely to occur at night on the monotonous freeways. A University of Michigan study shows that an average driver, well rested and in good health, develops symptoms of fatigue in as little as a half of highway driving.

Luckily, before euphoria comes you, there is a seri other symptoms that war the impending danger.

Know your symptoms

Often the first danger sign irritability. The action of other driver momentarily rages you. You snap at the dren. You chafe at missi light. This is the time to looking for a motel.

The second stage is more nicious. Your mind wan from the road ahead. You b too fast into a curve bec you missed seeing the wa sign. Check that car in the ror. Is that the same blue s that has been following yo miles, or another that you c see turning out of a side r

The last, and most extr symptom is hallucinating. overhanging branch loom front of you and on se glance it is gone. The object "see" is actually a dream. Y lucky to still be alive.

If you experience any of symptoms, stop for the r No vacation reservation or ness appointment is worth risk of continuing on the A short rest stop for a light will temporarily revive you the only solution is sleep.

Emergency procedures

There are times when you r have to continue despite re nizable fatigue. Keep the on and change stations freq ly. Coffee or tea are not r cally stimulating enough t much good, but the time s drinking these beverages h

Non-prescription pep pills not help, while prescription pers" can have serious sid fects. Skip the pills and ch fresh air. To do this, open dows to the point where the air makes you slightly un fortable. If you have a passe ask him to keep talking, w ever the subject. Sing, gum, or munch on candy.

A new device also may you stay awake. Called OWL, it is a miniature com which measures your ty steering wheel movement during normal driving. W fatigue sets in, your steering change dramatically, and OWL will hoot and flash at you as a warning.

Marketed by Life Techno of Concord, California, OWL is becoming popular truck fleets. Its one draw for passenger car owners $314.50 price tag, which do include installation.

Unless you're a salesma insatiable traveler, you prob don't need an OWL. Con attention to your own fa symptoms should be enoug keep you awake—and aliv

"It's that old-fashioned pickle barrel flavor"





"The secret of making perfect pickles is patience," says Graeme Reid, Nalley's pickle fanatic. "First, we select the top cucumbers from cucumber crops grown specially for us. Then we age 'em in old-time wooden casks. Finally, we make sure they're slow-steeped in Nalley's own special blend of vinegars and seasonings. When we say old-fashioned pickle barrel flavor, we mean just that."

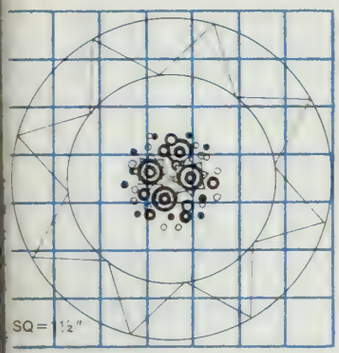
FREE RECIPE FOLDER. Send stamped, self-addressed envelope to Nalley's "Pickle Serving Ideas," P.O. Box 11046, Tacoma, Washington, 98411.

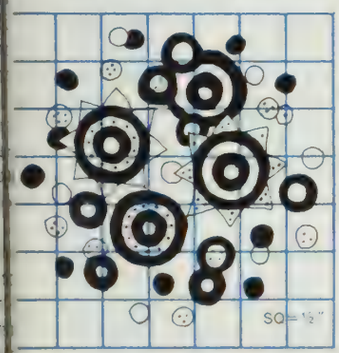


Nalley's: the good food fanatics.

Christmas how-to *Continued from page 136*

Door Medallions *page 59: Star:* From ¼-inch plywood, cut 2 circles and a star following diagram.





and and seal with gesso or wood rimer. Paint.

Using ½-inch self-adhesive vinyl tters, space inscriptions (God Jul, Merry Christmas, Feliz Natal, Joyux Noel) around edge of small isk. Colors can be changed by praying letter sheet lightly with ame paint used on wood cutouts. ift letters from backing with tip f pointed knife and lay gently on isk. Repeat for inner inscriptions Kala Christougenna, Felices Pasuas, Glaedelic Jul, Kon Huh Shen, uon Natale) using ¼-inch letters. ress dots between phrases.

Spray scraps of self-adhesive nyl red, yellow, green, and black, nd cutout motifs for the center. lake small and medium dots with aper punches or use self-adhesive ding dots, ½-inch round labels, nd ¾-inch round labels. Press in ace.

Brush two coats matte acrylic edium on face of all parts. Brush tin-finish varnish on back and ont. Let dry, then assemble with ntact cement.

lower Disk: Cut plywood and erboard disks, following diagram. Sand and seal with gesso or wood primer. Paint.

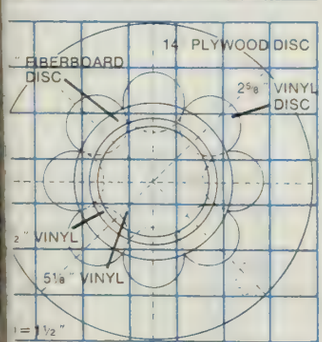
Press 8 self-adhesive vinyl circles, 2⅝ inches in diameter, in place for petals.

Decorate edge of large disk with self-adhesive labels cut to desired shape. Paint stem lines with acrylic or waterproof felt-tipped pen.

Press 5½-inch dark red vinyl circle on center disk, then 5⅛-inch bright red vinyl circle on top. Space "Rejoice" inscription around, using ¾-inch self-adhesive letters. Attach motif from border pattern in center.

Brush 2 coats of matte acrylic medium over face of both disks. For added protection, brush on satin-finish varnish. Let dry, then assemble with contact cement.





Polystyrene Foam Decorations *page 59: General Directions:* To cut polystyrene (foam meat trays from supermarket), use art knife and ruler. To cut circles, make impression with lipstick cap or marking pen cap. Color foam with permanent felt markers and let dry. Cut around circle impression, sand edges gently, and color edges.

To curl foam, place strips in hot water (just below boiling point). When foam becomes pliable (2-3 seconds), curl to desired shape.

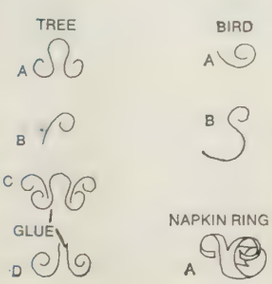
Tree: Cut 9 foam strips 9¼x⅝ inches and 14 strips 6x⅝ inches. Curl long strips to match diagram A. Twirl short ones to match diagram B. Make five groupings to match C by inserting B curls on each side of an A piece. Glue with white glue and let dry overnight.

Glue two B twirls together (D). Glue one B on each side to make tree base.

To assemble tree, interlock C groups together at right angles. Set onto tree base. Interlock A curls and place on top of C groups. Stick in small circles for decorations.

Bird: For each wing, cut 9¾x1¼-inch strip foam. Make 3 even cuts 2x2½ inches from one end. Curl. For tail and body, cut foam strip as in diagram A. For head and neck, curl foam strip as in B. For beak, use 4x⅜-inch strip. Curl and pinch ends together. Add small circle eyes.

Napkin Ring: Cut one strip 9¼x¾ inches. Cut slit 6 inches long down center, starting at either end. Curl as in diagram.



Continued

NEXT MONTH

FUN-FOR-ALL FAMILY MEALS—If you have trouble corralling your fast-moving family for meals, this is for you! It's a total involvement kind of cooking that gets everyone into the act, and you out of the kitchen. At least half the fun is in the fixing—but the finished product tastes great too, whether it's Greek-style Sandwiches or Eclectic Pizza.

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Save time as you improve cooking. Meats come out tender. Vegetables retain vitamins. Choice of harvest, avocado or poppy.
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10 Speed Blender
Controlled cycle blending on 10 speeds at push of button. Gives perfect size food pieces for salads, soups, desserts. Choice of harvest, avocado or white. Reg. 32.95
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Only 19.99
⅜" Drill Alone Only 15.99

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Upholstered table and chairs fold flat for easy storage. Chairs have removable back cushions. Choice of parchment, antique gold or olive. Reg. 57.36
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Complete and then take this coupon to your favorite Ace Hardware Store. No purchase required. Ace dealer will give you choice of either 2-C Size Batteries or 2-D size batteries made by Eveready. Limit of 2 Batteries per family. OFFER EXPIRES DECEMBER 31, 1972. (Dept. BHG-12)
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City, State & Zip

Christmas how-to

Continued

Chrome and Ball Flowerpot *page 69:* Cut bubble vacuum-formed sheet to desired size. Set on flat surface with bubble side down. With epoxy, glue foam balls to indentations holding with pins until dry. Staple sheet ends together. Fit foam disk into bottom and glue.

Wrenches Candle Holder *page 69:* To assemble candle holder, purchase twelve ¼x5/16 wrenches, ¼-inch threaded iron rod, thirteen ¼-inch nuts, a precut wood post base with ¼-inch metal threaded insert.

Screw threaded post into base. Screw on first nut. Slip on one wrench with 5/16 side on bottom. Repeat nut, wrench arrangement until all are on post. Position wrenches starting at bottom. Tighten nuts as wrenches are positioned. Cut off any excess post and stain base as desired. Add small taper candles.

Grain Scoop Flowerpot *page 69:* Spray-paint metal grain scoop and let dry. Apply flower decals in desired pattern.

An ordinary plastic bag holds Nut and Cherry Brittle *page 69:* Use a drapery ring and holiday nosegay to secure the candy inside. Use tiny breadbaskets sprayed gold to hold Chocolate Divinity. Pad the bottom with evergreens. Jelly and small canning jars hold the three preserves. Present them in inexpensive straw baskets with red and green velvet ribbon woven through the sides. Fill with angel hair so the jars peak out the top. Or, start with a small "bushel" basket you trim with scrap material glued to the rim and bindings. Make an egg carton pull-toy for marzipan. Use plastic foam balls cut in half for the wheels. Fasten them together with wooden skewers and cover the egg carton with wide ribbon. A cord with a small ornament attached is the handle. Cover a three-pound coffee can with green burlap to hold cookies. Make a cone out of lightweight cardboard and glue on more green burlap for the top. Trim the cone portion with red fringe to set atop the can base. A glass canister holds more toffee. Plastic foam balls, red velvet ribbon, and wooden picks team to make the Santa perching atop the jar. Apple-shaped cutting boards make handy carriers for more delicate cookies such as spritz, when you cover them with clear plastic wrap for toting.

Whiskbroom *page 70:* For whiskbroom hanging handle, glue and wrap large wooden drapery ring with yarn.

Remove wire hanger from top of broom, slip through loop on drapery ring. Set aside until broom is done.

Cut lightweight cardboard strip about 3 inches wide and long enough to wrap around broom just below curve of bristles near top. Cover cardboard with glue and stick to broom, snugly overlapping ends.

Paint band of glue on bottom edge of cardboard and begin wrapping with rug yarn. Continue to top, changing color where desired. Above cardboard, place glue directly on broom. Replace handle.

Foam Leaf Holly Spray *page 70:* Trace a holly leaf pattern on seven 7-ounce foam cups with 3 leaves per cup. Cut out with craft knife. Spray leaves and four 1¼-inch plastic foam balls with red and green craft spray paint.

Cut twelve 12-inch green pipe cleaners in half. Thread through each leaf leaving longer end at stem of leaf. Arrange in groups of 3 or 4 twisting stems together. Attach leaf groups together to form desired shape.

Attach pipe cleaners to balls and place where desired.

Make bow from one yard of ribbon and wire to spray. Attach one pipe cleaner to back for hanger.

Canning Lid Picture Frames *page 70:* Cut pictures to be mounted to fit indentation in flat canning lid and glue in place.

If desired, glue fabric to lid first, then center picture and glue in place. Glue braid around edge of picture.

Punch hole through side of lid cap with nail and insert wire or paper clip for hanger. Apply cement to inside of front rim of cap and place lid and picture on inside. Cut cardboard circle to fit cap and cover with fabric. Ease into base of cap. Attach bow to hanger.

Terrarium *page 70:* Use existing jars, glasses, and plastic drinking cup for base and lid. Set jar into wooden or cardboard base or on an overturned terra-cotta flowerpot base, or paint bottom portion to hide moss and dirt. Place plastic cap on cup after planting.

Peasant Spool and Braid Tree *page 70:* With epoxy glue and a 7-inch length of ¼-inch dowel through centers, assemble tree in following order: Large wooden spool from paper roll end for base, 4½-inch-in-diameter and 1-inch-thick empty ribbon spool, empty wooden thread spool, 3¼x1½-inch empty ribbon spool, wooden thread spool, 3½x1-inch empty ribbon spool, decorative wood finial. Let dry overnight.

Paint entire tree green with enamel except upper part of finial. Paint finial red. Paint second coat after first dries.

(Advertisement)

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The dirty undershirt wins!

(Because that's the one we sprayed with *Endust*.)

Old undershirts never die, they just become great dustcloths. Especially when they're sprayed with *Endust*, the dust magnet. That way they pick up six times more dust and dirt. And the same thing is true of old diapers, pillowcases, towels, socks, aprons and sheets. No matter what you use to dust with, use *Endust*.

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Without Endust

Glue small pine cones vertically all three tier tops with clear icone glue and to underside of se roll. Glue small beads behind nes in a circle on top tier and ɔ of bottom tier. Let dry. Paint cones and beads with two light ats of green. Let dry.
Cut decorative braid to fit ɔund each roll and glue on with ite glue.

ristmas Tree Candle Holder *ge 70:* Cut ¼-inch-thick and ɜ-inches-wide pine into slats of following lengths: Two 6¾ hes, two 7¾ inches, two 8⅝ hes, and two 9½ inches.
Assemble slats and empty thread ɔols with longest slats at bot- n tapering to shortest at top. ue all parts together. Top with -inch decorative wood finial. dry.
Paint tree with two light coats enamel. When dry, glue candle ders on top slats of tree and y wooden figures to ends of re- ining slats.

ck Bookends *page 70:* Glue ldren's alphabet blocks together l cut ¼-inch hardboard to fit k and sides of blocks. Glue and l to blocks with white glue. ition blocks on pair of metal ɔkends. Drill holes through ɔkends into blocks and screw ether. Paint hardboard black. e back of bookends and bot- ıs with black felt or flocked -adhesive paper.

istmas Card Mosaic *page 70:* nt 14x18-inch pressboard ue with gesso. When it's dry, t front and back with two ts lavender acrylic paint.
ut 1-inch-thick pine scraps into red sizes and place on wood. nber each wood block on back on plaque to indicate place- t.
aint blocks and glue in place. Christmas cards to fit and in place. Glue gold foil let- on top of desired block. Let then give entire unit two coats matte varnish, letting varnish between coats.
ut desired length of yarn and ch to back for hanger.

t Prop Paperweight *page 71:* t a 2¼x2¼x4-inch precut d post base and a 2¼-inch ut wood ball with white enam- Paint boat propeller with white, and blue enamel. Glue purchased wood dowels, aded to fit base and ball, to- er. Screw one end of dowel base. Slide prop over dowel screw ball onto top of dowel.

t Stands *page 71:* Cut card- d tubes in half lengthwise and together at edges. Secure with g-type clothespins until dry. completed form to cardboard and weight until dry. To cover spiral "canyons" which appear paper towel tubes, coat the ntations with thin glue and r with tissue paper. Glue strip ghtweight cardboard to edge lisk and around tube form. ping twice for double thick- Gesso all surfaces and paint.

el Box *page 71:* For box por- use large tuna can. Mark nd can top on cardboard. Cut oard circles and glue to- r until stack is 1 inch high.

Go ahead! When Sears says the FlavorFresh™ perk is immersible, it's 100% immersible.



A good cup of coffee can only come from a good clean pot. And we figured the easier your coffeepot is to clean, the cleaner you'll keep it.

So, Sears new FlavorFresh perk is 100% immersible. That makes it easier to clean. You can dunk it in the sink. Get it absolutely drenched. Even leave it in water for hours.

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The FlavorFresh perk has a window that lets you see how much water you've put in and how much coffee you've got left, up to ten cups. It has a strength selector and a "ready" light. And the warming cycle keeps the coffee ready until you are.

The new FlavorFresh perk fr Sears—the fresh clean pot fresh coffee flavor. In Pars Green, Poppy Red and Cu Yellow porcelain enamel, well as in sparkling polish aluminum.

Available at most Sea Roebuck and Co. stores a through the Catalog.

Sears

The cleaner the po the better the coffee.

100% Immersibility witnessed by Nationwide Consumer Testing Institute.

Cut two or three circles to fit easily into top of can, glue to center of stack. Weight top and let dry.

Sand cardboard edges smooth, drill ¼-inch hole in center top of lid. Drill ¼-inch hole in wooden drapery ring. Glue 1-inch length of ¼-inch dowel in ring. Paint ring and bottom of lid lavender.

For base, use cardboard core from 1-inch-wide tape. Mark around ring on cardboard. Cut out and glue to one side of ring.

Cut cardboard to exact measurement of can, fitting between rims and meeting at seam. Draw line down center of cardboard and glue to can.

Measure from center line to rim. Add ½ inch on width and cut felt strips this size. Glue felt to can, matching edges at center line. Glue margins down inside can and under bottom.

Cut cardboard circle to fit bot-

Continued

tom of can, cover with felt and glue to bottom. Glue felt circle onto base and felt strip on sides. Glue base to can bottom weighting until dry.

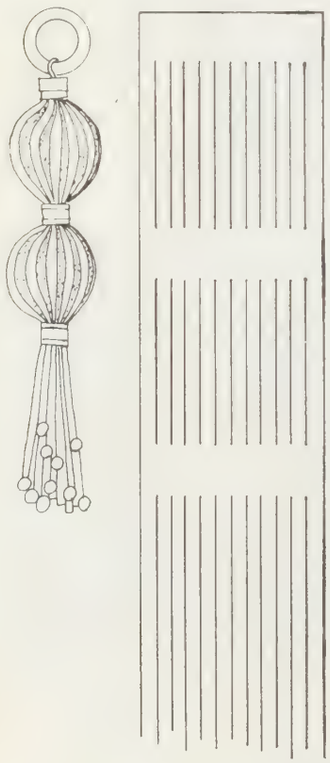
For lining, cut felt to fit inside can sides, ¼-inch narrower than depth. Cut circle of felt to fit bottom of can. Glue all in place.

For lid, cut felt circle to fit lid top. Glue in place. Cut hole in top center. Cover top sides with strip of felt. Glue ring dowel in hole in lid.



Mirror: Use 6"x8" shaving mirror and 1"x1" redwood plant stakes. For inner frame cut two at 6⅛" and two at 8⅛". Middle frame cut two at 7¼" and two at 9⅞". Outer frame cut two at 9½" and two at 11½". Cover with alternating colors of felt. Glue and nail frame in place. Glue mirror in center of frame.

Pomander Balls *page 71:* Stud two oranges completely with whole cloves.



Cut pattern from paper to determine fit for balls. Cut from felt in appropriate size.

Paint or cover top of 1-inch wooden bead and a wooden drapery ring. Wire ring to top of painted bead. Glue bead at solid center section of felt casing. Place ball in slit section, wiring felt together below ball and adjusting slits to fit evenly around ball.

Glue top and bottom beads in place, wire above bottom bead. Add small beads to fringe.

Puppet Candy Jar Covers *page 71:* Cover glass candy jars (or wine glasses, brandy snifters, glasses) with simple puppets cut from felt. Cut front and back the same. Machine-stitch together with right sides out. Decorate front with felt cutouts and yarn hair.

Tin Cup Coasters *page 71:* Purchase desired number of tin cups from hardware store. Glue cork disks, from a handicraft store, into bottom of cups. Glue cork wallpaper strips to outside of cups with a super-strength glue.

Yarn Angels *page 61:* For body of angel, neatly wrap 1½x6-inch-long white construction paper with white yarn. Glue yarn at one end and anchor it in slit at other end (neck end). Machine-stitch through center lengthwise to top. From top, slant to each side, stitching to one inch down from corners. Trim off corners close to outside of stitching, to form shoulders.

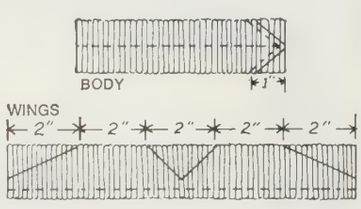
Make curve in body by pulling it gently between fingers.

For head, use 1¼-inch yellow or orange satin ball. Paint face shape (no features) with acrylic or poster paint. Insert wire into end of ball and wrap with yarn. Glue to neck.

For arms, wrap ½x6-inch strip construction paper with yarn gluing on both ends. Glue to body with middle of arm across back covering head wire. Bring arms together at the front, glue, and hold with clothespin until dry.

For the wreath, wrap a ¾x3-inch piece of construction paper with green yarn; stitch through center lengthwise leaving long threads at each end. Cut loops at sides and tear paper away. Shake to fluff yarn, then tie thread ends to make circle. Tie red yarn bow at joint; glue to hands.

Make wings by wrapping yarn around 1½x10-inch piece of paper securing yarn ends in slits in ends of paper. Insert 10-inch piece of #20 florist wire between paper and yarn close to one end. Stitch close to wire, forming casing. Taper yarn at center and ends (see diagram). Remove all paper except in casing. Bend wings in half, then into double arch. Glue center part of wings to body over arm piece. Bend wings back. Hang by tying thread loop between wings.



Kite *page 60:* Back cotton fabric scraps with iron-on interlining. Cut two kite shapes for each ornament. Machine-embroider lines across kite. Pin front to back and zigzag edges together, inserting a ribbon tail at kite end while sewing. Tie ribbon strips to tail and tack in place. Stitch eye to top of kite for hanging.

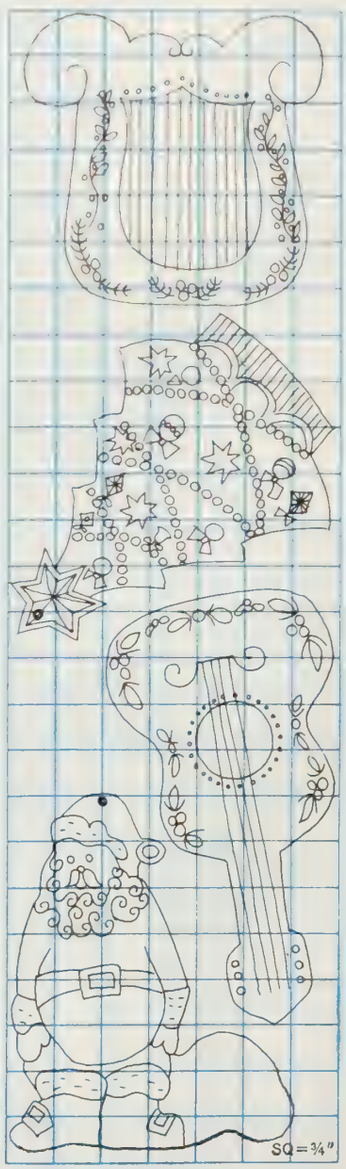
Foil Ornaments *page 60:* Cut shape from cardboard following pattern outline. Punch hole where shown. Using newspaper for cushion, trace around cardboard on two pieces heavy-duty aluminum foil, reversing drawing for second piece if ornament is not symmetrical. On front, allow ⅜-inch seam.

Place pattern on back of foil front piece. With ball-point pen, lightly trace design. Go over design again with pen to tool aluminum. Trim, leaving seam allowance.

Coat front of cardboard with white glue. Lay cardboard, glue side down, onto back of tooled ornament front. Smooth gently. Clip seam allowance, curves, and corners. Spread line of glue around cardboard back edge. Turn seam allowance over edge and onto cardboard back, smoothing to fit.

Cut out foil back, trimming off ⅛ inch on all edges. Glue to back. Poke hole on each side.

Following glass stain paint directions, paint design on foil. Use small brush and toothpicks for tiny areas.



Musical Instrument Ornaments *page 60:* Transfer design to ½ yard magenta Thai silk with dressmaker's carbon. Place material in embroidery hoop. Embroider using outline, French knot, chain, backstitch, satin, herringbone, and straight stitches. Press over towel.

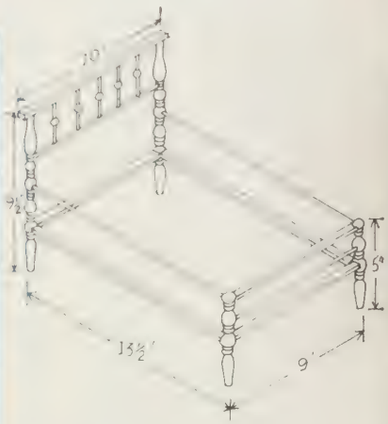
Cut out, leaving one-inch seam allowance. Cut back to match. Place right sides together and machine-stitch around ornament close to outline stitching. Leave small opening at bottom. Trim seam allowance, leaving ⅛-¼ inch. Clip curves and corners. Press, turn, and press again.

Stuff with Dacron stuffing and slip-stitch closed. Make 1½-inch tassel. String on bead and tack to instrument. Stitch small loop to top for hanger.

Victorian Brass Bed *page 62:* Following diagram, construct basic frame from ½-inch lumber, small dowels, turned wood pieces, and small beads. Glue frame together.

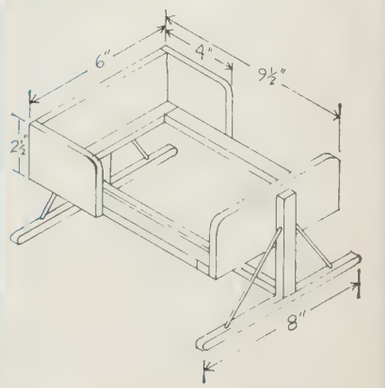
Set a flat 9x12½-inch piece of medium-weight cardboard on bed frame. Cut one-inch foam to fit for mattress. Spray frame with several coats gold paint.

Make quilt from patchwork print, plain fabric, and yarn ties. Cover mattress with fabric scrap sheets.



Ship Captain's Bed *page 62:* Following diagram, cut head and footboards from ½x2-inch wood and horizontal frames from ½x½-inch strips.

Glue bed pieces together. Construct swivel posts from pine strips and ⅛-inch dowels. Glue together. Insert nail through top of post and into bed headboard and footboard. Paint with latex paint, trim with felt pen. Cut cardboard base and foam mattress to fit. Add pillows, sheets, blankets of fabric scraps.



Continued

If fire-building gives you a slow burn, maybe you're still doing it the hard way.



ke our 2-minute test, and find out.

1. You love a cozy fire in the evening, building it is such a messy, back-aching re.

☐ *True* ☐ *False*

False. Not with Duraflame®, the place log that's absolutely clean and easy handle. Goes from market to hearth still in bright protective wrapper. No dirt, no dust, no splinters.

2. It takes an endless supply of dling, Sunday papers—and patience—et the fire going at all.

☐ *True* ☐ *False*

False. With instant-lighting raflame, just set one log on your grate (*no need to unwrap*), and crumple newspaper beneath. Light the paper, and that's it! Duraflame's aglow in moments.



3. Lively flames usually are a now-and-then treat. The first quick blaze soon dwindles into r-smoldering embers.

☐ *True* ☐ *False*

No longer true. Duraflame lives up to ame. Flames continue from first to last. In erful changing colors...from orange and through greens and blues.

4. The care and feeding of a fire ands constant tiresome attention—fussing, ing, re-fueling...

☐ *True* ☐ *False*

No ups and downs with Duraflame. t it and leave it...alone. The bright steady n never requires assistance.

5. One big drawback to a wood fire e mess of soot and musty ashes left behind.

☐ *True* ☐ *False*

Never, with Duraflame. It starts clean, s clean, leaves less than a spoonful of ash.

6. Woodpile storage poses a real problem day's more compact urban living.

☐ *True* ☐ *False*

True with cordwood. you can pick up one or Duraflame logs anytime—eed to store ahead. They're able in supermarkets, ware and department s throughout the United s and Canada.



7. Anyone concerned with ecology, worries about burning wood fires just for fun.

☐ *True* ☐ *False*

If you checked "True", use Duraflame conscience-free. No trees tumble just to provide wood for these logs. Duraflame was actually created to utilize manufacturing by-products formerly destroyed.

8. All processed fireplace logs are pretty much the same...such as the pressed-sawdust variety we've seen around for years.

☐ *True* ☐ *False*

False! Duraflame is so much more. Thousands of real-wood particles, compacted with wax into a firm log shape. With special additives to insure fast lighting, and long-lasting color-flames.



9. Manufactured logs should only be burned in regular brick, stone or cast iron fireplaces.

☐ *True* ☐ *False*

True. Duraflame is designed for normal fireplace use only—NOT for fires in potbellied stoves, small sheet metal hearths or barbecue grills.

10. The price of pressed-sawdust, or even cordwood, is lower than wood/wax logs.

☐ *True* ☐ *False*



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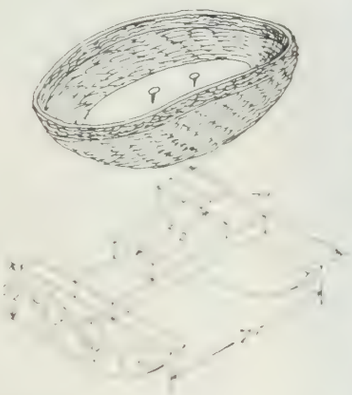
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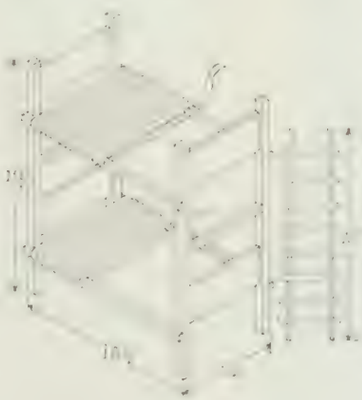
Basket Crib *page 62:* With small nails, attach small wicker basket to a 1x2-inch block cut the length of bottom of basket. Glue block to 7-inch-long, 1x2-inch block. Cut two rockers from 1-inch-thick wood and glue to 7-inch block.

Paint unit with spray enamel and decorate ends of rockers. Sew cotton mattress stuffed with foam and add lace handkerchief for bedspread.



Pioneer Bunk Beds *page 62:* Construct basic frame from ½x⅛-inch wood sticks, following diagram. Cut balsa wood head and footboards to fit.

Wrap lightweight cotton twine around frames. Fill cotton mattresses with foam and lay over string. Construct ladder from ¼-inch dowels cut 12 inches long and balsa wood rungs.



Ticktacktoe *page 62:* Cut 6x6x¾-inch base from pine. Mark position for 9 holes and drill with 1-inch spade bit.

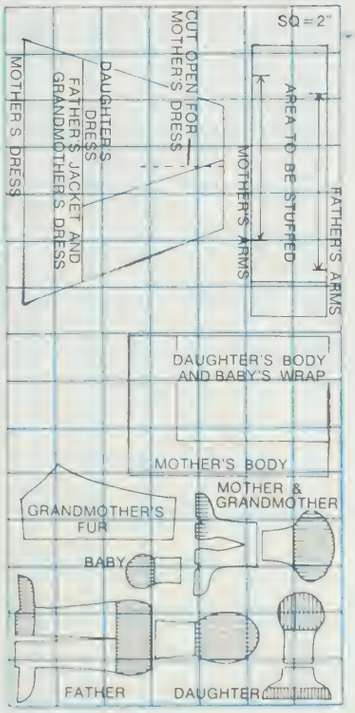
Cut 1-inch birch dowels to 1-inch lengths. Mark Os with ¼-inch drill. Cut Xs with saw. Sand to fit recesses. Stain base only.

Wooden Doll Family *page 62:* From 1-inch-thick clear, kiln-dried redwood, cut out wooden shapes, one of each large shape and one of each striped area (two of striped area for mother and father's feet).

Glue parts together so feet, back of women's heads, baby's face, and father's face and seat are built out.

Let glue dry and sand all parts. Round out baby's and father's chins and father's seat with coarse sandpaper.

Paint features with acrylic paint. When dry, apply two coats acrylic polymer medium.



Clothes *Father:* Following pattern, cut triangular piece of cloth for body. Sew front seam to resemble front opening of jacket.

Fold bottom edge under and tack to wooden legs ½ inch down from edge of wood.

Stuff body and insert head at top. Fold fabric edge under and tack to head piece.

Cut out arm piece and sew long seam together, right sides together. Turn. Stuff center of tube to marks shown and lightly stitch. Sew ends of tube together, first folding raw edges under. Slip arms over father's head and sew back unstuffed portion to body.

Mother: Cut out body piece, sew long seam, right sides together, turn. Tack to legs, stuff, and tack to head piece as for father. Add lace around bottom of body.

For dress, cut out using pattern, sew back seam and hem dress. Put dress on doll, folding in side hem at top. Tack top of dress to back of neck. Sew bottom half of front seam together and fold top half to form V-shaped neckline.

Make arms same as father's. Add buttons, small purse.

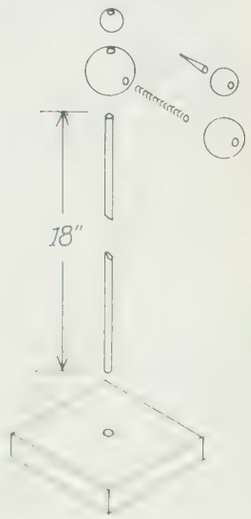
Grandmother: Cut out dress, following pattern. Right sides together, sew back seam. Turn. Tack dress to wooden parts gathering bottom of dress slightly. Stuff and tack to head piece. Add strip of lace for collar. Cut out fur wrap and arrange on doll. Sew seam shut; sew to dress.

Fashion hat from scrap fur and lace and tack in place.

Daughter: Make and attach body in same manner as mother. Add lace for a slip. Cut out dress, hem bottom edge. Put dress on body and sew back seam by hand. Fold in and tack neckline of dress around neck of doll.

Baby: Cut out baby's wrap, fold top edge under and tack center of edge down under baby's chin. Bring sides up to top of head and tack down. Arrange back seam and sew by hand. Lightly stuff baby's body. Sew opening together by drawstring method.

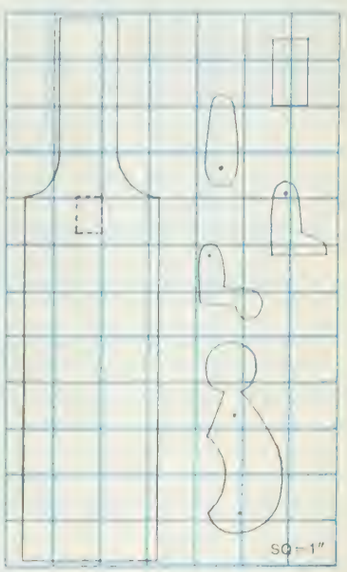
Woodpecker *page 62:* Assemble woodpecker as in drawing, using wooden beads, ⅛-inch steel rod, 3x3x¾-inch pine base, ball-point pen spring, and small whittled pine beak. Use large beads for slide and body and small beads for top of post and for head. Slide piece should be loose enough to "chatter" down shaft, but not so loose that it slides smoothly to bottom.



Dancing Man *page 62:* Following diagram, cut man and paddle from ⅛-inch pine (cut from ¼-inch stock). Make shoulder and hip joints by inserting soft iron wire through pre-drilled holes. Bend.

Make knee joints from bent-over nails.

For spring, insert 1/16-inch bronze brazing rod through block and paddle and into back of figure.



Playbarn and Scarecrow Dolls *page 63:* Construct barn from plywood and ½x½-inch lumber following diagram. Make walls of wallboard and cardboard, roof of cardboard. Paint. On sides, cover 3½ inches of base with plaster. On front, cover bottom supporting

Continued



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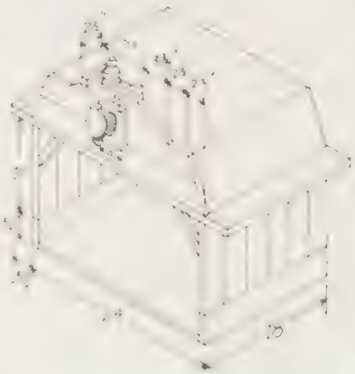
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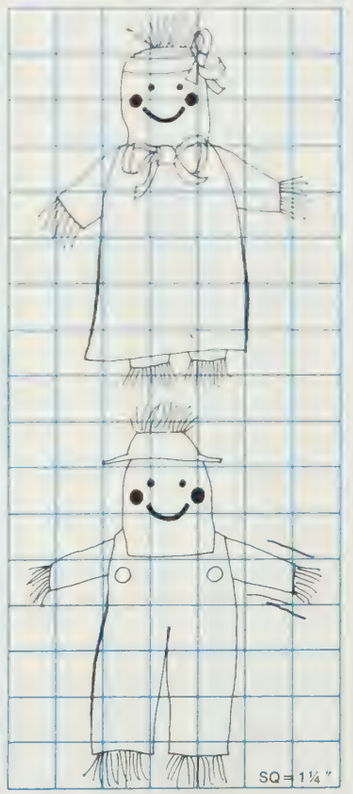
board with plaster. Paint plaster white.

Construct ladder, hayloft, and food trough from ½-inch stock and cardboard. Make hay-bales from excelsior.

With quick-drying clay, such as Sculpy, design cattle heads. Push brass rings through noses. Paint and glue to interior walls.

Cut dolls from felt, following diagram. Draw faces with felt pens. Make overalls and dress from denim and gingham scraps. Stuff with excelsior leaving top of heads and arms and feet open with excelsior sticking out. Tie tightly. Make milk can from vitamin bottle painted gold or silver.





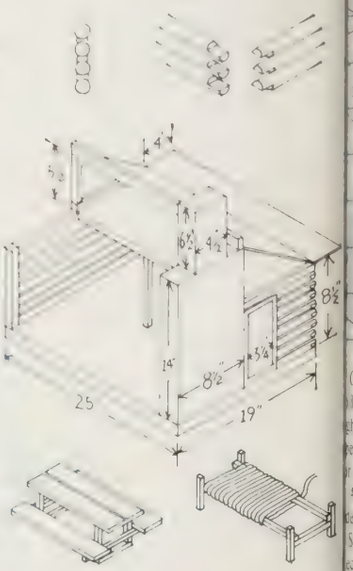
Log Cabin Dollhouse *page 63:* Cut ½-inch plywood to fit inside shadow-box picture frame which measures 18x24 inches inside and 19x25 inches on outside. Paint frame brown and floor tan, using latex paint.

For log sides, cut ¾-inch dowels into following sizes: 8 logs 7½ inches for short part of back; 8 logs 14 inches for long side of back; 8 logs 7 inches for fireplace side. Notch ends to be joined as shown in diagram. Paint logs brown. Glue logs together, caulking between with thin mixture of plaster.

Construct fireplace from medium-weight cardboard. Cut fireplace to 8½-inch width, 14-inch height, about 1-inch depth. Make chimney piece 4½ inches wide, 6½ inches tall. Glue parts together. Coat unit with thin mixture of plaster of Paris. Glue in place. Add balsa wood mantel.

Cover exposed end of logs with strip of ½x½-inch pine. Frame roof with ½x½-inch pine. Cover roof with cardboard. Make loft from cardboard glued to ½-inch wooden braces.

Cover window with typing paper, torn and coated with cooking or motor oil. Glue paper to balsa wood frame. Cut door from balsa wood strips glued together to resemble planks. Glue in place.



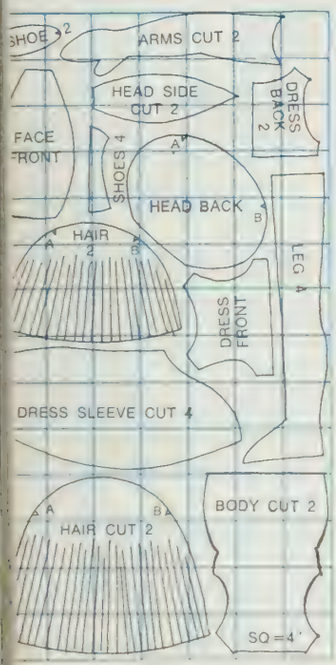
Interior Details: *Harvest Table:* Construct picnic-type table from lumber scraps and stain with oil.
Hanging Pots: Snip handles from aluminum measuring spoons.
Rope Bunks: Construct frames from ½-inch square lumber, paint with latex paint. Wrap lightweight cord around frames and tie in place.
Ladder: Glue balsa-strip rungs to ¼-inch dowel uprights.
Rug: Cut small souvenir rug to fit and fringe.
Fireplace Logs: Paint twigs with tempera and glue inside fireplace.
Gun: Carve from balsa, making barrel from swab stick. Use copper foil for trim and for gun rack. Glue to wall.
Wall fur: Cut fake fur to shape and glue to wall.
Trunk: Paint lightweight cardboard, cut to desired size and shape. Hold with tape and trim with copper foil.

Straw flowers and brass drawer pulls decorate table.

Cat Carriers *page 63:* Decorate existing carrier with enamel paint, self-adhesive vinyl paper, fabric, and electrician's or adhesive tape.

Goldilocks *page 64:* Materials: 1½ yards 36-inch brushed tricot or other soft, flesh-color fabric; 2 yards 36-inch cotton check fabric;

0x16 inches cotton eyelet; 1 yard hite cotton fabric; ½ yard 72-ch-wide yellow felt; 8x14 inches ed felt; 1 package wide blue bind-g; 1 pair stretch white knee socks ith lace top size 6-7; two ¾-inch hite buttons; 1 package small ttons; 1 package wide yellow ckrack; 1 package ½-inch white astic; small pieces pink, white, right blue felt; two 1-pound pack-es Dacron stuffing; thread; 10 ches ½-inch dowel.



Cut out parts for doll body, llowing pattern. Sew leg pieces, ht sides together, leaving top en. Turn and stuff. Do same r arms.

Attach head back to body, right es together, at neck.

Sew head side pieces to middle ce, right sides together. Sew mpleted head front to front of dy at neck.

Attach legs to center bottom of dy with seams of legs facing nt. Place body front and back ether, right sides facing. Legs ll be on inside and pointed up. Stitch across bottom. Stitch up es, inserting arms in place. ms will also be on inside.

Sew around head pieces, leav-i open between notches. Turn ht side out.

Stuff body well, inserting dowel upper body, through neck, and inches into head. Stuff around wel. Stuff head and close top hand.

Cut hair patterns from yellow t. Sew all sections together with all section in middle, leaving en between notches. Turn right e out. Cut along straight lines. ue curls in hair, then glue curls head.

Cut face features and knee ches from felt scraps. Glue in ce.

ticoat: Cut two 14x36-inch ces from white cotton. Seam, nt sides together, along 14-inch s. Turn. Sew ⅝-inch casing at . Insert elastic to fit around doll ly. Attach wide blue binding to tom edge.

ess: Cut bodice and sleeves from yard of check fabric. Cut two 36-inch pieces for skirt. Sew sleeve seams, right sides together. Turn. Make casing and insert elastic at wrist. Sew bodice backs to front, right sides together. Sew sleeves in place. Finish neck by hand and put button and buttonholes in back.

Sew skirt side seams, right sides together on 16-inch sides. Insert eyelet apron into skirt at center front. Sew long gathering stitch around waist, catching apron in place. Gather skirt into waist of dress. Sew in place, right sides together. Turn. Attach rickrack above hem.

Put socks on legs. Cut shoes from red felt. Stitch sides to bottom, right sides together. Turn. Stitch strap across shoe. Add button and buttonhole to fit shoe snugly on foot.

Bear *page 64:* Cut all pieces except foot bottoms from 1 yard 54-inch camel-color wool, following patterns. Make right and left pieces where necessary.

Stitch back body pieces, right sides together, along back seam leaving open between A and B notches. Attach arm backs between C and D and leg backs between E and F.

Stitch fronts, right sides together along belly front. Stitch arm fronts between G and H and leg fronts between I and J.

Join back to front, right sides together. Leave feet bottom open.

Cut foot bottom from ½ yard 36-inch-wide heavy plaid cotton. Sew to bottom of feet, right sides together. Set body aside.

Stitch ear pieces together, leaving opening. Turn. Starting at point B, attach ear inserting into dart on each side of head front.

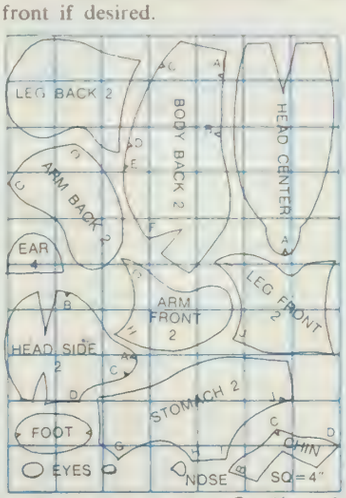
Sew head center piece to sides starting at A and stitching across top of head to back of neck. Leave dart on back open.

Sew chin piece from D to C on side of head down to other side. Stitch dart closed.

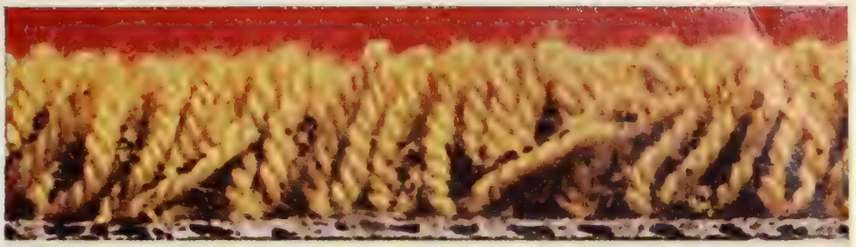
Starting at body back, stitch back of head all around, then stitch back dart. Turn bear right side out.

Stuff legs first, then arms using Dacron or foam stuffing (3 pounds for entire bear). Stuff lower body, head, upper body and neck. Close opening by hand.

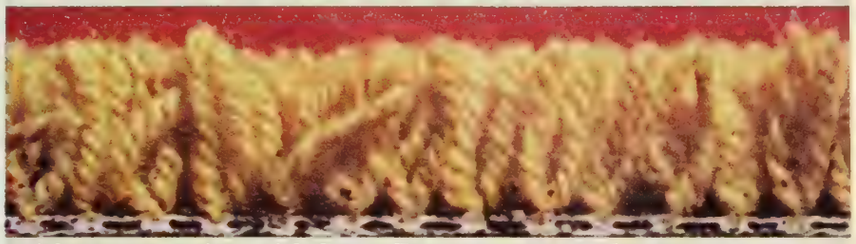
Attach nose and eyes, cut from felt scraps, with glue, Embroider mouth with brown yarn. Make bow from plaid fabric piece 36x 6½ inches. Attach buttons on front if desired.



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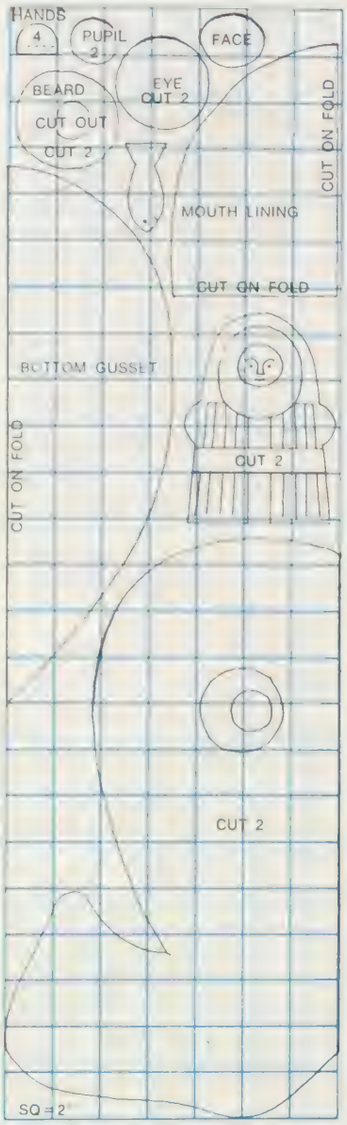


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NEXT MONTH

HOW TO BEAT THE WINTER BLAHS—Everyone knows that the best way to lick the blues is to keep busy—but what can you do when it's cold outside? You'll find dozens of answers next month. We'll show you how to jazz up your house, take up a new craft, start a garden under glass, stitch a stylish accessory, and much more!

Jonah and the Whale *page 65:* From 1 yard striped terry cloth, 1 yard green terry cloth, ⅓ yard red fabric, cut out pattern parts, following diagram.



For whale, sew center back seam. Center a big 24-inch metal zipper where marked, right sides together. Baste in place. Center and pin mouth to right side of zipper matching edges. Machine-stitch. Turn lining of mouth to inside.

Center gusset to zipper tape, right sides together, and baste. Pin right side of mouth lining to wrong side of zipper, matching centers, and stitch. Sew mouth lining sides together.

Sew side seams to bottom gusset, leaving part of one side open for stuffing. Turn right side out.

Tack back corner of mouth to side seam of whale. Stuff with soft, lightweight stuffing. Sew opening closed. Stitch pupils onto eyeballs by machine. Turn under hem around eyeballs and sew to whale by hand.

For Jonah, turn under seam allowance on wrist side of hands and stitch to front. Cut stripes from whale scraps and stitch in place.

Turn under and baste face edge of one beard pattern. Place over face and machine-stitch in place. With right sides together, sew around outer edges of beard. Turn and stuff beard lightly. Place beard on body front and stitch around face.

Embroider face and stripes with chain stitch.

With right sides together, stitch around body leaving bottom open. Turn, stuff, and slip-stitch opening closed.

Cut little fish from terry strips. Stitch around edges, leaving section open. Turn, stuff, and close. Make French knot eyes, running stitch mouth.

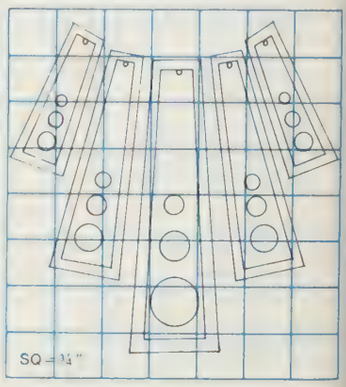
Animal Wraps *page 65:* With velour wrapping paper and rubber cement, cover box lids and bottoms separately. Paint foam balls and cut if necessary for features. Cut other features from construction paper.

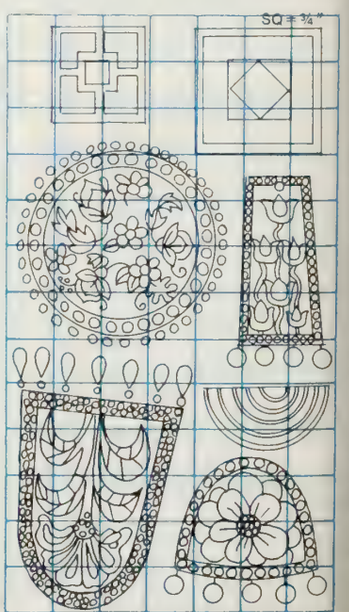
Panda bear legs are cut from cardboard tubes, horse's mane from felt.

Foil Jewelry *page 66:* Cut jewelry pattern from cardboard, following pattern outline. Follow directions for foil ornaments (page 140).

To attach beads, poke hole into cardboard edge with straight pin. Remove pin, thread bead, add drop of glue and replace pin in hole.

Glue pin findings to back of pins with all-purpose glue. Use small pliers to attach jump rings and ear wires.





Continued on page 148

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72: Tablecloth—Leacock & Co., Avenue of the Americas, N.Y., N.Y. Platter International Silver Co., olony St., Meriden, Conn. 06450. sticks, centerpiece holder, flatware, sket, soup bowls, liners, and holders s Silversmiths, Inc., 16 W. 45th t., N.Y., N.Y. 10036. Soup tureen— ceeh Creations, Ltd., 225 5th Ave., N.Y. 10010. China "Viscount"— Inc., 26 Kennedy Blvd., E. Bruns- N.J. 08816. Goblets—Fostoria Glass Moundsville, W. Va. 26041.
73: Pie plate "Pyrex"—Corning Works, Corning, N.Y. 14830. Sauce nd compote—Jean's Silversmiths, 6 W. 45th St., N.Y., N.Y. 10036.
74 & 75: Sideboard—John Mas- Furn. Co., Inc., 979 3rd Ave., N.Y. 10022. Metallic wallpaper "—James Seeman Studios, Rose Pl., Garden City Park, N.Y. Soup bowl, liner, silver bowl, silver d dish, silver platter and bowl— Silversmiths, Inc., 16 W. 45th St., N.Y. 10036. Vases—Raymor/Rich- Morgenthau Mfg. Div., Inc., 225 e., N.Y., N.Y. 10010. Glass stars — hal, U.S.A. Ltd., 411 E. 76th St., N.Y. 10021. Copper dinner plates atter—Flintridge China Co., 370 S. nd Ave., Pasadena, Calif. 91101. s—Leacock & Co., Inc., 1040 of the Americas, N.Y., N.Y. Silver and ceramic dish—Reed & Silversmiths, Taunton, Mass.

77: Round board—Lough & Am- n, 225 5th Ave., N.Y., N.Y. 10010.
78 & 79: Smoky glass dishes, carv- rd and knives—Lough & Amster- 25 5th Ave., N.Y., N.Y. 10010. board and ornamental eggs—Har- anda Chapman, 225 5th Ave., N.Y. N.Y. 10010.
81: Bowls, tray, casserole, white round plate, and small bowl — s, U.S.A. Ltd., 411 E. 76th St., N.Y. 10021. Chafing dish and stand, d white knife—Georg Jensen, Inc., Ave., N.Y., N.Y. 10010. Tall jar Raymor/Richards Morgen- fg. Div., Inc., 225 5th Ave., N.Y., 010. Orangebird Harriet Amanda an, 225 5th Ave., N.Y., N.Y. TV tables International Con- urnishings, Inc., 145 E. 57th St., N.Y. 10022.
84: White plate, coffeepot, and cups nas, U.S.A., Ltd., 411 E. 76th St., N.Y. 10021. Round plate—Rosen- U.S.A., 411 E. 76th St., N.Y., N.Y. Condiment dishes—H. E. Lauffer , 225 5th Ave., N.Y., N.Y. 10010. wrap: white and silver—James 979 5th Ave., N.Y., N.Y. 10021, nd silver stripes and checks— Seemen Studios, Inc., 50 Rose Pl., City Park, N.Y. 11530; white, nd lavender—ICI America, Inc., th St., Stamford, Conn. 06904.
85: Punch bowls—Raymor Rich- rgenthau Mfg. Div., Inc., 225 5th .Y., N.Y. 10010.
86 and 87: White plate with gold Wallace Silversmiths, Wallingford, 6492. Round white plate—Lough erdam, 225 5th Ave., N.Y., N.Y. 10010. Coffeepot—B.I.A. Cordon Bleu, Inc., 225 5th Ave., N.Y., N.Y. 10010. Candlesticks—Raymor Richards Morgenthau Mfg. Div., Inc., 225 5th Ave., N.Y., N.Y. 10010. White marble plate—Georg Jensen, Inc., 225 5th Ave., N.Y., N.Y. 10010.

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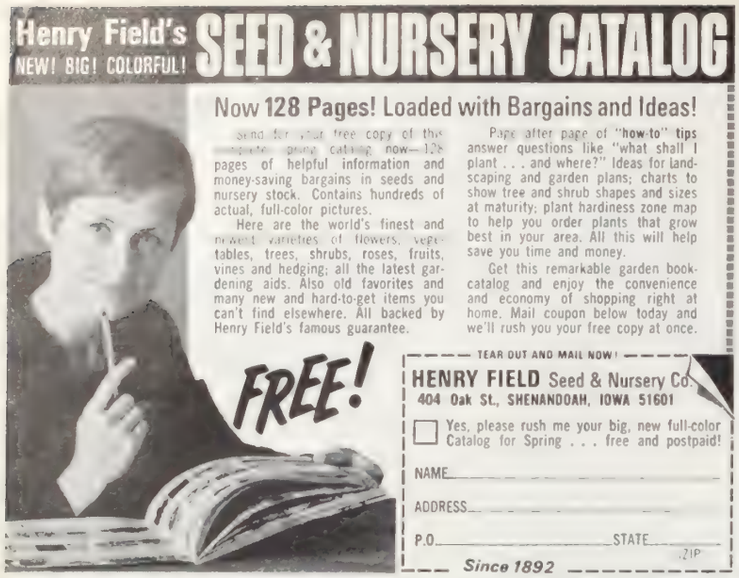
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1. Title of Publication: Better Homes and Gardens
2. Date of Filing: September 29, 1972
3. Frequency of Issue: Monthly
4. Location of Known Office of Publication: 1716 Locust Street, Des Moines, Iowa 50336
5. Location of the Headquarters or General Business Offices of the Publishers: 1716 Locust Street, Des Moines, Iowa 50336
6. Names and Addresses of Publisher, Editor, and Editorial Director: Publisher: Morton Bailey, Jr., 1716 Locust Street, Des Moines, Iowa 50336; Editor: James A. Autry, 1716 Locust Street, Des Moines, Iowa 50336; Editorial Director: James A. Riggs, 1716 Locust Street, Des Moines, Iowa 50336
7. Owner: Meredith Corporation, 1716 Locust Street, Des Moines, Iowa 50336; the names and addresses of stockholders owning or holding 1 percent or more to total amount of stock are: Orto & Co.*, c/o Iowa-Des Moines Nat'l Bk., Tr. Dept., Des Moines, Iowa 50309; Hubb & Co.*, c/o Bankers Trust Co., 607 Locust St., Des Moines, Iowa 50309; Bell & Co.*, 607 Locust St., Des Moines, Iowa 50309; Prop & Co.*, c/o Tr. Dept., Iowa-Des Moines Nat'l Bk., Des Moines, Iowa 50309; Orde & Co.*, Box 20, Bowling Green Sta., New York, New York; Meredith Corporation, 1716 Locust St., Des Moines, Iowa 50336; Iowa-Des Moines Nat'l Bk. & Trust Co., E. T. Meredith Tr., U.A., dated August 3, 1935 FBO Edna E. Meredith & Mildred M. Bohen Tr., c/o Iowa-Des Moines Nat'l Bk., Trust Dept., Des Moines, Iowa 50309; Edwin T. Meredith III**, 1716 Locust Street, Des Moines, Iowa 50336; The Equitable Life Assurance Society of the United States, 1285 Ave. of the Americas, New York, New York 10019; How & Co.*, c/o Northern Tr. Co., Tr. Dept., Chicago, Illinois 60690; American Nat'l Insurance Co., Box 2664, Church Street Station, New York, New York 10008; American Nat'l Insurance Co., New York, New York 10008; Grator & Co.*, c/o International Tr. Co., 101 Richmond Street W., Toronto, Ontario, Canada; Becker & Co.*, c/o The Bk. of New York, Box 11203, New York, New York 10049.

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8. Known bondholders, mortgagees, and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages or other securities are: None.

9. Item 9 of POD 3526 not applicable.

10. Extent and nature of circulation.

	Average No. Copies Each Issue During Preceding 12 Months	*Actual No. of Copies Of Single Issue Published Nearest To Filing Date*
A. Total number copies printed (*Net Press Run*)	8,441,986	8,375,000
B. Paid circulation		
1. Sales through dealers and carriers, street vendors, and counter sales	737,483	680,000
2. Mail subscriptions	7,307,765	7,250,000
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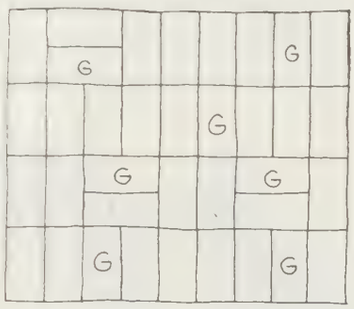
(*Signed*) James A. Riggs, Editorial Director

Christmas how-to *Continued*

Domino Afghan *page 66: Materials:* Blue worsted—56 ounces; green worsted—16 ounces; No. 9 knitting needles; size G crochet hook.

With either blue or green cast on 25 sts. *Row 1:* K1 p1 across. *Row 2:* K1 p1 across. Continue until piece is twice as long as it is wide. Fasten off. With same color crochet 1 row of sc completely around piece with 3 sc in each corner st. Next, 1 row sc of green completely around piece picking up top back loops of previous row with 3 sc in each corner st through both loops. Make 27 blue pieces and 7 green ones. Arrange according to following plan:

Place pieces wrong sides together and join with scs of green catching top back loops only. When assembled, with green yarn, crochet 2 rows of sc around afghan catching back loops, with 3 sc through both loops in each corner st of blanket to turn corners. The green sections are the domino pieces. Make dots of blue as follows: ch 4, sl st to first ch to form ring, 6 sc in ring. 2 sc in each of 6 sts through back loop of st to show complete ch on top. Continue in this way spirally until dot measures 1¼ inches across. Sl st to next sc and fasten off. Use beginning end of yarn to close hole in center. Sew dots to green sections in domino patterns. Catch only top loops of knitting so stitches do not show on wrong side.



Chrome Flowerpots *page 66:* Cut bubble- or waffle-pattern vacuum-formed plastic sheet to desired size. Staple ends together. Fit plastic foam disk into bottom and glue to pot with epoxy. Hold with pins until dry. Set plant, in pot liner or plastic bag, into flowerpot.

Pennsylvania Dutch Tree *page 67:* Cut tree from two sheets of mat board, medium weight, 30x40 inches. Place boards together with 40-inch sides touching. Draw triangle shape. Make each section 9 inches high with 1-inch between sections.

Cover sections with self-adhering paper wrapping to back.

Cut decorations from wrapping or other colored paper. Copy big design from a youngster's drawing book. Use rubber cement to glue sections together, and to glue decorations to tree.

Lay all completed sections on floor and space them 1 inch apart. Glue 1-inch-wide gross-grain ribbon (10 yards) on the back to hold sections together.

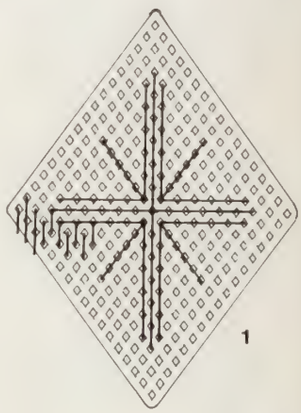
Closet Boxes *page 67:* Decorate hat and suit boxes with wallpaper squares cut to desired size and glued in place with a spray adhesive. Draw featherstitch lines between squares with felt pen.

Flowerpot Ball *page 67:* Hollow a 12-inch plastic foam ball with kitchen knife, making hole large enough to hold a plastic pot liner. Cut ½ inch from bottom of ball.

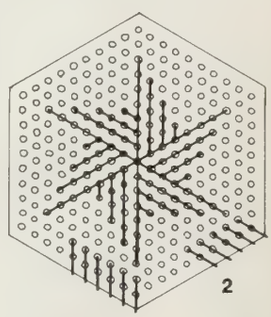
Press hot iron—point, sides, and bottom—into ball to create shapes. (Clean iron with paper towel while still hot.)

Paint container with two coats of gesso. Let dry and place pot liner and plant into ball.

Needlepoint Grid Tree *page 67:* Purchase plastic motifs from a needlework shop—21 diamond, 1 square, and 1 hexagon; knitting worsted in 1-ounce skeins—hot pink, vermillion, red, orange, rust, magenta, and green; tapestry needle; 51 small green beads 3/16 inch; and 12x18-inch sheet poster board.



Use plastic motifs as needlepoint canvas. Using diamond motif, follow figure 1. Make long stitches as shown with green yarn. Fill in background with vertical stitches using two colors, one for upper half and one for lower half. Make seven of each of the following combinations; hot pink and vermillion; red and orange; rust and magenta. Be sure to cover edge as you work. Start at middle of diamond and work to tip.



Follow figure 2 for hexagon, using all colors but green to form star. Use green to fill in background following direction shown in figure 2.

For square, make center long stitches with green and fill in two side sections with hot pink and vermillion using half cross-stitch.

Cut cardboard into shapes to fit all worked pieces. Glue each to back and weight until dry and flat. Then lay out in tree shape.

Attach together at corners with beads and heavy thread. Attach hanging thread at top.

Bud Vases *page 67:* Make with scrap pieces of 2x4. For wood bases, right, cut tall block. Drill hole in top with spade bit slightly larger than diameter of test tube. Base at left is made in same way except angles are cut after hole is drilled. *Center:* Cut a 3-inch square of 2x4. Drill hole in top slightly larger than diameter of test tube almost through the bottom. Lay piece on side and jigsaw circle through the face. Sand smooth and stain all bases before inserting tubes.

Christmas Tree Shoulder Strap Bag (18 inches long) *page 68: Materials:* Acrylic rug yarn—4 skeins kelly green; 1 skein each scarlet, light purple, tangerine, hot pink, medium gold, magenta; piece of red felt 18x36 inches; 2 red 2½-inch plastic bracelets; size K crochet hook. Bag is made of 16 diamond-shaped motifs, with 2 different colors in center and red and green borders.

Diamond motif: (Make 16) With first color ch 4, sl st to first ch to form ring. *Rnd 1:* Ch 1, 8 sc in center of ring, sl st to first sc. *Rnd 2:* * Ch 3, sk next sc, sl st in next sc. Repeat from * around 3 more times, sl st to first sc. Fasten off. *Rnd 3:* Attach 2nd color in ch-3 sp, * 1 sc, 1 hdc, 1 dc, 1 hdc, 1 sc in same ch-3 sp, 3 sc in next ch-3 sp. Repeat from * one more time. Sl st to first sc. Fasten off. *Rnd 4:* Attach red yarn in center back loop of top dc, 1 sc in same sp, ch 2, 1 sc in same sp, * 1 sc in back of next 4 sts, 1 sc in next sc, ch 2, 1 sc in same sp. Repeat from * around, sl st to first sc. Fasten off. (Gives appearance of ch st on top of previous row.) *Rnd 5:* Work in back top loops only. Attach green yarn in top center ch-2 sp, 1 sc, ch 2, 1 sc in same sp, * 1 sc in each of next 6 sc, 1 sc in next ch-2 sp, ch 2, 1 sc in same sp. Repeat from * around, sl st to first sc. *Rnd 6:* Work through both loops. Sl st to center of ch-2 sp, ch 3 (counts as 1 dc), 1 trc, ch 2, 1 trc, 1 dc in same sp, * 1 hdc in each of next 2 sc, 1 sc in each of next 6 sc, 1 sc in ch-2 sp, ch 2, 1 sc in same sp, 1 sc in each of next 6 sc, 1 hdc in each of next 2 sc *; 1 dc, 1 trc, ch 2, 1 trc, 1 dc in next ch-2 sp. Repeat between *s. Sl st to top of ch 3. Fasten off. Block lightly.

Assembling and lining: Place 8 diamond shapes as in diagram. Whipstitch seams together with green through back loops only. Do same with other 8 diamonds. Place crocheted shape on red felt and draw pattern. Cut out 2 felt pieces. On both crocheted and lining pieces, sew edges of inverted V together. Place 2 crocheted tree shapes wrong sides together and mark with pin 8 inches down each side from top point. Whipstitch side seams together around bag leaving top open between pins. Sew lining in same way taking ¼-inch seam. Trim excess ¼ inch from both top edges. Place lining inside bag and pin top felt edge to crocheted edge. Sandwich red bracelet handles 1 inch from top of bag points between lining and crocheted piece. Sew in lining and handles.

Shoulder strap: With green yarn ch 84. Pull ch through both red handles and sl st to first ch. *Rnd 1:* 1 sc in each ch around, sl st to first sc. *Rnd 2:* 1 sl st in each back top loop of sc around, sl st to first sc. *Rnd 3:* On opposite side of strap working on right side, 1 sl st in each sp around, sl st to first sl st and fasten off.

Stocking Shoulder Bag *page 68: Materials:* Acrylic rug yarn—1 skein each of scarlet, tangerine, kelly green; 2 skeins light purple; two 2¼-inch brass rings; size J crochet hook. With red yarn ch 3, sl st in first ch to form ring. *Rnd 1:* Ch 1, 6 sc in center of ring, sl st to first sc. *Rnd 2:* Ch 1, 2 sc in same sp, 2 sc in each sc around (12), sl st to first sc. *Rnd 3:* Ch 1, 1 sc in same sp, * 2 sc in next sc, 1 sc in next sc. Repeat from * around ending ch 2 (18 sc). Sl st in top of first sc. *Rnd 4:* Ch 1, 2 sc in same sp, * 1 sc in each of next 2 sc, 2 sc in next sc. Repeat from * around (24 sc). Sl st to top of first sc. *Rnd 5:* Repeat rnd 4 (32 sc). *Rnds 6 through 11:* Ch 1, 1 sc in each sc around, sl st to first sc. Fasten off. *Rnds 12 through 14:* Attach purple yarn. Repeat rnd 6. *Rnd 15:* Ch 1, 1 sc in each of first 15 sc, 2 sc in each of next 2 sc, 1 sc in next 15 sc, sl st to first sc. *Rnd 16:* Ch 1, 1 sc, in first 16 sc, 2 sc in each of next 2 sc, 1 sc in next 16 sc, sl st to first sc. *Rnd 17:* Ch 1, 1 sc in first 17 sc, 2 sc in each of next 2 sc, 1 sc in 17 sc, sl st to top of first sc. *Rnd 18:* Ch 1, 1 sc in first 18 sc, 2 sc in each of next 2 sc, 1 sc in 18 sc, sl st to first sc (40 st). Fasten off. *Rnd 19:* Count back 20 sps from end of last row, attach purple yarn, 1 sc in each sc around. Do not join row. Ch 1, turn. *Rows 20 through 30:* 1 sc in each sc across, ch 1, turn. Omit ch 1 on row 30. Fasten off. *Heel—Row 31:* Attach green yarn in 6th sp down, 1 sc in each sc across to 6th sc from end (30). Ch 1, turn. *Rows 32 through 35:* 1 sc in each sc across, ch 1, turn. *Row 36:* Fold heel section in half marking center of last row. 1 sc in each sc to marked center, sk 1 sc, 1 sc in each sc across, ch 1, turn. *Rows 37 through 43:* Repeat row 36, decreasing 1 st at center of each row (22 st after row 43). Fasten off. Fold heel and whipstitch row-43 edge together to form back seam. *Row 44.* To com-

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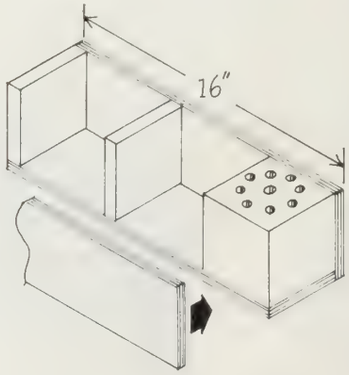
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plete heel, attach purple yarn to purple sc sp just above green row, 1 sc in each green row across to other side, sl st purple to side purple sc sp, ch 1, turn. *Rows 45 through 48:* 1 sc in each sc across, sl st to side, ch 1, turn. Omit ch 1 on row 48 and fasten off: *Rnds 49 and 50:* Attach purple yarn to center back, * ch 1, 1 sc in each sp around, sl st to first sc. Repeat from * for rnd 50. Fasten off. *Rnd 51:* Attach orange yarn at end of purple rnd, * ch 1, 1 sc in each sc around, sl st to first sc. *Rnds 52 through 55.* Repeat rnd 51. Fasten off. Fold stocking flat and mark center front for guide. *Rnd 56:* Attach purple yarn at end of last rnd, 1 sc in each sc to 1 sc sp before marker, 2 sc in this sp, 1 sc in next sc, 2 sc in next sc, 1 sc in each sc around, sl st to first sc. *Rnds 57 and 58:* Ch 1, 1 sc in each sc around, sl st to first sc. Fasten off after rnd 58. *Rnd 59:* Attach red yarn at end of last rnd. Repeat rnd 57. *Rnd 60:* Ch 1, 2 sc in next sc, 1 sc in each sc around, 2 sc in last sc, sl st to first sc. *Rnds 61 through 65:* Repeat rnd 57. Fasten off after rnd 65. *Rnds 66 through 69:* Attach purple yarn, repeat rnd 57. Fasten off after rnd 69. *Rnds 70 through 75:* Attach green yarn, repeat rnd 57. Fasten off after rnd 75. *Rnd 76:* Attach purple yarn, 1 sc in each sc around. Sl st to first sc. Fasten off. *Rnd 77:* Attach red yarn, 1 sc in each sc around, fastening in brass rings, one inside center back and one inside center front, by crocheting through them. Sl st to first sc. *Rnd 78:* Work 1 sl st in each sc around. Fasten off.

Shoulder strap: Attach red yarn to one brass ring, ch 50, attach to other ring with sc, 1 sl st through back loop of each ch across to first ch. Fasten off.

Velveteen Jewelry Boxes *page 68:* Purchase preassembled wooden boxes from hobby shop. Sand boxes lightly, coat with gesso, and let dry. Paint inside and edges of box in desired color with enamel paint. Glue velvet scraps and braid on outside.

Desk Organizer *page 68:* Cut front, back, and bottom from ¼-inch fir plywood, following diagram. Cut



4x4 pencil end and 1x4-inch divider and end from pine or fir. Cut 4x4 to cube. Drill ½-inch holes in one end. Glue end, divider, and cube in place. Glue on ¼-inch plywood front cut to fit. Nail and stain.

Desk Accessories *page 66:* Select desk accessories to be painted and coat all with gesso or primer designed for dip-type paint such as Dipit. Or cover items with aluminum foil, sticking foil to object with spray glue and rubbing gently with a soft cloth. Cut off excess foil with a razor blade.

Follow manufacturer's directions for applying dipping paint. To hold object to be dipped, place softened floral clay onto the ends of one or two sticks. Press clay onto inside of dry item. Dip as directed.

To make a desk pad, cover existing pad or use old pad for pattern and construct new from heavyweight chipboard.

Designers for our Anniversary Issue

The designers who helped make this Christmas issue sparkle (their names are listed below) are a wonderfully versatile and talented group of people from all over the United States. Some new design contributors come from a shop called The Rainbow, a unique and charming boutique located in Beverly Hills, California. The Rainbow shop, which is full of unusual treasures, specializes in furniture, accessories, and gifts for children of all ages. It was founded just over a year ago to fund a comprehensive program of treatment for children with cancer. Featured in our color pages are the **Grandma-Hug-Me-Quilt** by Mary Gandsey and Andrea Totten; **Domino Afghan** by Hattie Goldman; **Pillow in Pennant Shape** by Eadie Rubin; **Smile Mirror, Felt Letters Picture** by MeraLee Goldman. They're just a few of the exciting designs that native crafts women display in the shop.

Pages 42, 43, 44, 46, 48, 49, 55, 58, 65, 66, 70, 71. Tryptych, Creche, leather ornaments, candle holders (left to right): 1, 2, 3, 4, 5 in foreground plus triple ball. Mrs. Santa, hug-me-mama doll, cookie door decoration, Jonah and whale, desk accessories, whisk broom, block bookends, jewelry box and picture frame, pomander balls by B. J. Casselman.

Pages 44, 46, 48, 49, 56, 57, 58, 59, 62, 63, 67, 70. Stained glass window, choir boys, self-standing decorated eggs, plastic tree ornaments, candle holders (left to right): back row, plus one, far right end, Advent calendar, chess set, drummer boy, doll beds, doll barn and cabin, terrariums, covered boxes and mirror by John Stith.

Pages 45, 59. All crosses, tree decorations by Mary Lou Stribling.

Pages 44, 54, 55, 67. Bethlehem village, three bags, unicorn, Capricorn, and dragon, grid tree by Charlotte Patera.

Pages 47, 68, 70. Tree ornaments, three bags, decorated boxes, spool tree, candle tree, card door decoration by Jackie Curry.

Page 50. Carolers by Pat Beck.

Pages 51, 71. Candle holders, cowboy covers by Yoshie Good.

Pages 51, 66, 67, 69, 71. Trellis tree, sculptured ball plant container, containers holding northern pine and poinsettias, wrench candle holder, tole container, propeller paperweight, cup coasters by George Hans.

Pages 51, 60, 61, 71. Three Kings and tree, yarn angels, plant stands by Gladys Herndon.

Page 51. Christmas tree by Rose Casazza.

Pages 52, 53, 59, 64, 67, 68. Puppets and stage, penguins and trees, Goldilocks and bear, Pennsylvania Dutch tree, cook's tree by Nancy Becker.

Pages 59, 60, 61, 66. Banners; ornaments including kites, Santa, tree, musical instruments; jewelry by Mimi Shimmin.

Page 59. Tree, bird, napkin ring by Carole Vizbara.

Page 63. Cat carriers by Joan P. Root.

Page 70. Designs on packages by Nancye Good.

Page 65. Permanent animal boxes by Lynn Hopkins.

Pages 69, 70. Table tree with ball fringe, holly spray, picture frames by Jan Johnston.

Pages 62, 67, 68. Ticktacktoe, dancing man, bird, desk organizer, bud vase by David Ashe.

Page 46. Hanging egg ornaments by John Ralston.

Page 62. Wooden dolls by Ann Malmlund.

Shopping editor's choice

Discover the fun and convenience of shopping by mail! You can order with complete confidence any of the items shown: each company will refund your money if you're not delighted.

By Nina Doreson

Cavalier boot

Handsomely crafted in genuine glove leather, this boot's perfect with all your smart new pants outits. Smooth, no-seam vamp, adustable buckled strap. Resilient ibbed sole and well-balanced 1" heel. Brown, white, black, navy or ed. Sizes 5-10 M. $15.00 plus 80c ost. Old Pueblo Traders, 600-3DC-S. Country Club Rd., Tucon, Ariz. 85716.



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Good Ideas to have and to give from Walter Drake

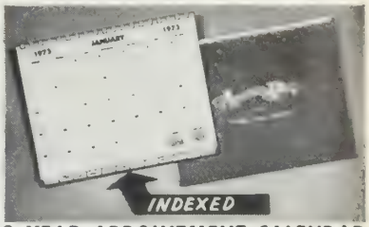
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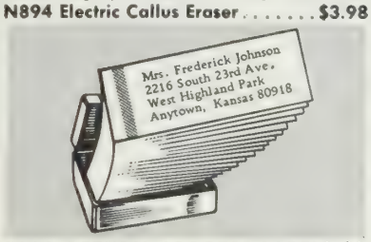
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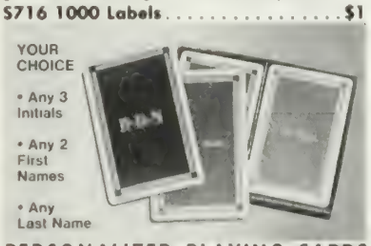
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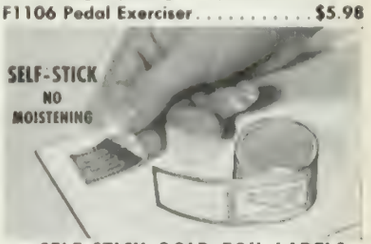
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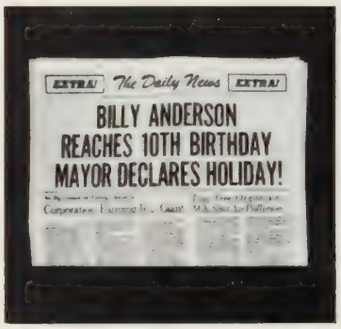
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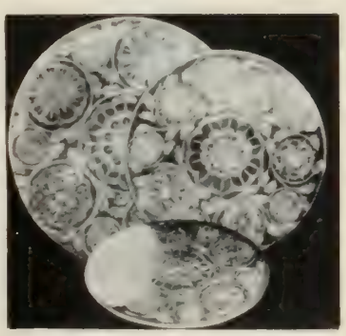
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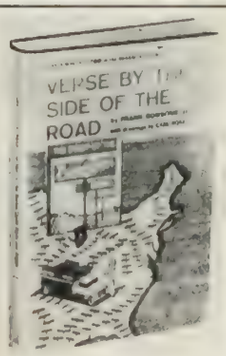
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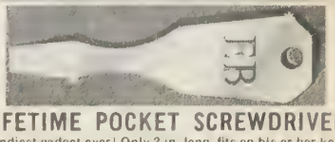
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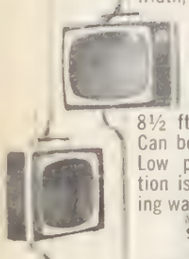
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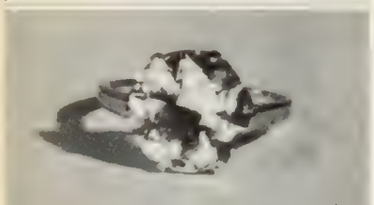


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Porta-Desk

Read, write, anywhere with new lightweight, folding desk. Of high density plastic. Has over 13x19 inch study area. Ideal for students.

Walnut grain finish, weight only 4 lbs. Just **$7.95** plus 85¢ postage.

2-way base for dining too

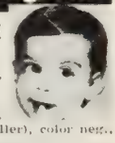
New 88 page gift catalog—25c.

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Zip code speeds service
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16 WALLET SIZE
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or
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From any color photo (8x10 or smaller), color negs., or slide (returned with order).

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Add 25c per selection for postage and handling, and add 1 50c extra for First Class service. Satisfaction guaranteed or money back.

QUALITY VALUES 514-P, New Rochelle, N.Y. 10804



Brilliant bands and guards

Lovely rings look like real, with sparkling stones. Baguette bands with simulated diamonds: $5.95 ea. Guard rings with simulated rubies, emeralds, sapphires, topaz, jet, amethysts, aquamarines or diamonds, $2.95 ea. Available in sterling silver or 10-kt. yellow gold-filled. Send size; specify. Lions, Dept. 64BG, 665 Middle Neck Rd., Great Neck, N.Y. 11023.



Baby's safety chair

Handy chair clamps securely to table or counter and is held securely by baby's weight. Baby cannot climb or fall out. Replaces the high-chair, costs so much less! Use it for traveling, or while visiting Grandma. Made of sturdy steel and plastic; for children up to 4 yrs. $7.95 + 95c post. House of Minnel, Dept. 2122A, Deerpath Rd., Batavia, Illinois 60510.



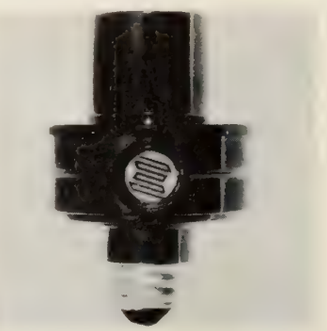
Babe Ruth plaque

No matter how bad the day seems, this plaque will remind you that there is always another turn at bat. Keep it on your desk at the office or at home. Full color plaque measures 4¼" x 6". A great gift for your favorite sports fan. $3.95 plus 35c postage. Order from West-Berg Enterprises, Ltd., Dept. BH-12, P. O. Box 4749, Colorado Springs, Colo. 80930.



How to housebreak pets

Instinct will attract your dog to this chemically odorized mat at comfort time. No fuss or bother, mats are disposable; 12" detachable pole and 18" square holder are easy to wash. With two months' supply of mats, $4.98 ppd. With 6 months' supply, $6.98 ppd. For pole add 50c. Order from G and G Research, Dept. BH-12, Box 8395, Dallas, Texas 75205.



"Magic eye"

Turns your porch light (or any other outdoor light) on at dusk and off at first sight of daylight. Screws into standard socket. Helps prevent burglary. Great when you're on vacation. Use it around stores and office to prevent vandalism. Weather-resistant. $5.98 each; two for $11.85. Postage paid. Collier's, Dept. HE1272, Box 585, Skokie, Ill. 60076.



Sock sorter

No more lost socks with this handy device. Made of polypropylene, sorter keeps socks together through washing machine and dryer. A different color for each member of the family: red, green, blue, yellow. 16 for $2.75 (four of each color); 32 for $4.50 (8 of each color). Ppd. C. A. Gordon & Assoc., Dept. GP2, 17 Church St., Paterson, N. J. 07505.

Sterling rings

Your hands take on new importance when you wear these expensive-looking rings. All are genuine sterling silver with real turquoise. Diamond shape ring: $5.95; Shalom ring (silver only): $4.25; oval turquoise ring: $7.95. Sizes 5-9. All postage paid. Free catalog on request. Desert House, Dept. 145, 4156 East Grant Rd., Tucson, Arizona 85712.



Tiger slipper sox

So cozy and comfy for lounging—orange and black orlon acrylic paw tiger print looks real. With white felt claws and genuine leather heels and soles. They're toasty warm. Wear them while relaxing at home or in the dom. One size stretches to fit all. $2.98 plus 25c postage. Order from Holiday Gifts, Department 412-J, Wheat Ridge, Colorado 80033.



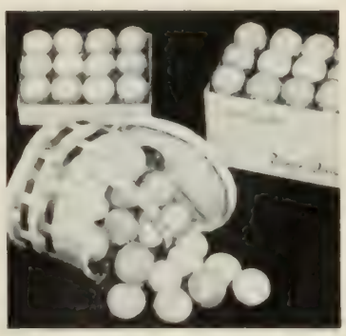
Easy care bedspread

This heirloom bedspread by famous Bates® is a 19th century trapunto design edged with a luxurious 4″ knotted fringe. Preshrunk. Goes from washer to dryer to bed. In antique white or snow white. Twin: $40.00; double: $45.00; queen: $60.00; King: $70.00. Plus 75c post. per order. Country Curtains, Dept. BHG12, Stockbridge, Mass. 01262.



Texas ruby red grapefruit!

These large, luscious beauties are individually wrapped and guaranteed. Send gift list now, pay invoice in Jan. In beautiful Mexican bamboo baskets: half bu., $8.50, full bu., $12.50 ppd. In attractive carton, without basket: half bu., $7.50, full bu., $10.90 ppd. With oranges if requested. Order from Pittman & Davis, 897 N. Exp., Harlingen, Texas 78550.



Carpetbag kit

So simple, so practical: use it as a bag, a satchel, a briefcase or any one of six shapes it makes up! Quality European carpet with a good Oriental caravan coloring and weave. Leather shoulder strap, brassy rings, thread, needle and simple instructions are included. 30″ x 15″ wide. $9.95 ppd. Yield House, Dept. D122, No. Conway, N. H. 03860.



Women's lib on stamps?

In 123 years of United States Postal history, women have appeared on only about 50 of the more than 1350 stamps issued. Here's your chance to get 25 of the unusual stamps for only 25c. Stamp selections to examine. Buy any or none, return balance. Cancel service anytime. Order from Garcelon Stamp Co., Department B2HW, Calais, Maine 04619.



Continued

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OURS ARE MACHINE WASHABLE

Treat yourself to an exquisite night with the most comfortable and luxurious sheets made. The choice is yours in the following colors: Midnight Black, Scarlet Red, Honey Gold, Royal Blue, Emerald Green, and Silvertone White.

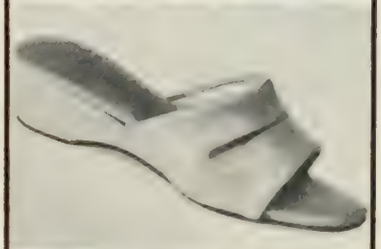
Each Entire Set includes:
1 straight top sheet
1 fitted bottom sheet
2 matching pillow cases

Twin sets	$16.00	Queen sets	$20.00
Double sets	$17.00	King sets	$23.00

No Charge for Postage
Send check or money order
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REGAL SATINS, INC.
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Sizes 4 to 12



"Dolly" $6.95

You'll want to order more than one pair of this classic slipper. Soft glove leather and a 1½-inch wedge heel provide the utmost in comfort. Sizes 4 to 12. Narrow, medium or wide widths. Available in Red, White, Pastel Blue or Black. Send $6.95, plus 75c postage for each pair. Sizes 10½ to 12, $1 extra. Immediate delivery. Prompt refund if not delighted.

Write for free brochure:
Sofwear Shoes
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Auto Perch Pleases Pet

Ready to hang on car-seat back. Puts pet up where it can see without leaping on driver's arm. Guards pet against sudden stops. Comfortably carpeted, adjustable to best height, level. Metal coated in soft beige vinyl. Ends "hairy" seats, smudged windows. Satisfaction or money back.

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GARRETT'S
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TEXAS RED GRAPEFRUIT!

The Best - From the Lush Rio Grande Valley

THIS IS OUR 47th YEAR

½-bu. Grapefruit	$7.50
Carton of 12 Grapefruit	$5.70
Full bu. Grapefruit	$10.90
Carton of 6 Grapefruit	$3.95
½-bu. G.F. & Oranges	$7.60
Full bu. G.F. & Oranges	$10.95

G. F. & Oranges in Mexican bamboo baskets:
½-bu. $8.50 ..... Full bu. $12.50

All are *delivered* prices

WE TRUST YOU! Send your gift list now and pay our invoice in January.

Other citrus packs and also pecans, rare honeys, fruit cakes and cheese.
Write for free illustrated folder.

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Notre Dame Football Fans

Great Gift Idea!

Direct from Notre Dame Stadium . . . blocks of original bleacher seats, installed by Knute Rockne in 1930! This prize collector's keepsake is mounted on blue pigskin, plus inscribed golden plaque, encased in 13″ x 11″ hand finished shadow box Supply limited. Order now! If not satisfied, simply return. Refund guaranteed. Send check or money order for $37.50. (Ill. residents add $1.88 sales tax.)

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Perfect electric egg cooker

Cooks eggs the special way you like them best—soft, medium, or hard. Electric steam cooker shuts off automatically when they're ready. Enjoy breakfast—no running from table to range. Boils 1-4 eggs at a time. Poaches, scrambles too. White glazed ceramic with barnyard fowls. $3.98 + 50¢ handling

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Enjoy new comfort with your back, shoulders and head gently raised and cushioned on this light buoyant foam wedge. Provides a gradual slope for more healthful, restful sleep. **Head Elevation** comforts diaphragm hernia, hypertension, acid regurgitation; breathing, bronchial and heart ailments. **Leg Elevation** eases varicose and other leg discomforts. 27" long. Washable zipper cover. **FOAM-SLANT** comes in heights most often prescribed by doctors. Order 4" high for 2 pillow users $10.00; 7½" high for 3 pillow users $12.00; or choose extra high 10" at $15.00 or 12½" at $18.00. We pay postage, ship in 6 hours. Send check to:

Better Sleep Inc. BOX BN
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MONEY BACK GUARANTEE



NEW DELUXE HI TIME CLOCK

Imagine! Time "tip-toeing" across the ceiling over your bed. You won't have to rouse yourself into wakefulness merely to check on the nightly hour . . . just glance at the ceiling and there it is. Projected by an invisible beam in large clear numerals 3" in size so you won't need your glasses (when clock is placed 62" from ceiling). A warm Walnut wood and gleaming Brass finish. Electric with alarm 2¾"x6¼"x5½". 1 year factory warranty—$34.95. Ppd. ILL. RES. ADD 5% TAX. GIFT CATALOG .25¢

HOUSE OF MINNEL
Deerpath Road, Dept. 2122, Batavia, IL 60510



ICE WOOL SCARF

Imported from England, it's woven from the softest mohair into an intricate, delicate pattern. Scarf drapes softly and can be used as a stole or head covering. Completely moth proof and hand washable, it measures a generous 20"x60". Choose White, Black, Beige or Copen Blue.

$3.98 each; 2 for $7.75. Add 25c postage.
FERRY HOUSE, Dept. BD, Briarcliff Manor, N.Y. 10510

Warm earthy copper, mined in the Great Southwest, is crafted into magic jewelry for you to give or keep.



A. Magic Cuff **$4.25.** B. Interwoven Braids **$3.25.** Extra large **$3.50.** C. Wide Band (5-9) **$2.95.** D. Friendship Circle (5-9) **$2.50.**

All Ppd. Specify ring size or send paper strip.

Free Gift Catalog

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FAMILY TREE CHART

Traces your lineage back to your great-great grandparents & through to your children showing clearly the relationship of uncles, 2nd cousins, etc. Spaces for over 280 relatives arranged in proper order to one another. Quality antique parchment-like paper. 22½"x32½". Comes in storage tube for permanent protection.

$1.98 Add 35c Post.
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Personalize your stitchery

Your creations deserve the stylish finishing of these rayon taffeta labels; sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly).

15/$1.25; 45/$2.25 or 60/$2.75.

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Dept. 412-B, Wheat Ridge, Colorado 80033

GENUINE JADE FROM CHINA



Direct from the Chinese Mainland ...available for the first time in 22 years: JADE–the "Stone of Heaven," more precious than gold to the Chinese. Beautifully hand carved into grapes, matched for symmetry and color by meticulous Chinese craftsmen, masters of their ancient art. Each 8" long bunch contains approximately 20 translucent, pale-green Jade grapes, and five deep-green Jade leaves. A wonderful gift, an ideal collector's item. Order yours today. **$15.95** ppd.

Send check or money order, or charge to your Mastercharge or BankAmericard. (Please include account number, expiration date, and bank number.) Money back if not completely satisfied.

STUART KINGSTON IMPORTS
Box 91, Dept. G-1, Rehoboth Beach, Del. 19971



Print potholders

These beautiful potholders are truly works of art with bird prints screened on pure Belgian linen. Assorted designs with quilted metallic-insulated backs and firm-grip magnets. No hooks or magnets needed. 6½" x 8½". #5648, $1.50 each. #5649, set of three: $3.98. Plus 35c post. Country Gourmet, Dept. HD, 545 S. Fourth Ave., Mt. Vernon, N. Y. 10550.



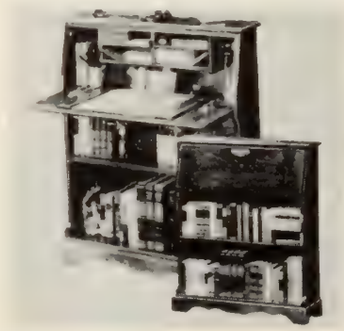
Keep car neat

Hold-all car armrest eliminates clutter while it helps you to avoid driving fatigue. Handy, portable armrest has 3 fitted compartments for maps, paper, pencil, lunches, toys, cameras, etc. Made of rugged polypropylene with unbreakable hinge. Covered with Morocco leather. $6.98 ppd. Holiday Gifts, Dept. 412-I, Wheat Ridge, Colo. 80033.



Pens and pencils

Kids will really get a kick out of writing with pens and pencils that have been personalized especially for them. A perfect gift for Christmas giving or stocking filler. Soft no. 2 lead pencils with erasers: 65c per set of 12; $1 per set of 20. 12 quality stick pens with blue ink: $1.25. Print names clearly. Atlas Pencil Co., Dept. BG, Hallandale, Florida 33009.



Student's desk

Here's a space-saving organizer that holds a great deal. Holds 60 books on 2 shelves. Top slant front opens on 2 hinges for wide desk with more interior space. Tools fit neatly in 4 compartment/bins. Top locks. 42" H., 34" W., 10" D. In honeytone or antique fin.: $76.50. Unfin. kit: $49.50. Exp. chgs. coll. Yield House, D122, No. Conway, N. H. 03860.



Extra-warm hood

It fits just like a helmet: soft angora hood buttons under the chin. Covers head, ears and neck for complete protection against the cold. Made of a blend of washable angora, wool and orlon in fashionable winter white. Wear it with anything, one size fits all. $3.98 each; two for $7.50, postage paid. Ferry House, Dept. BHH, Briarcliff Manor, N. Y. 10510.

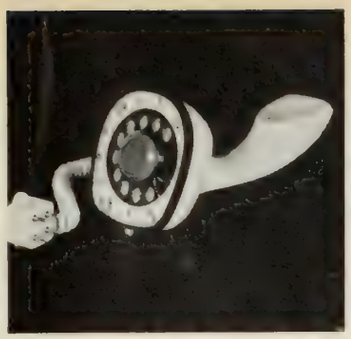


Scrimshaw tie tac

Handsome whale tie tac is crafted on genuine ivory by hand. Unique American folk art was developed aboard whaling ships of the early 1800s. Each tie tac is antiqued and buffed to a fine patina. In a leather ditty bag, with historical tag on scrimshaw. $7.95 + 25c post.; two for $15.50 ppd. J. W. Holst, Inc., Dept. BH112, 1005 E. Bay, East Tawas, Mich. 48730.

Swedish telephone

Modern decorator telephone imported from Sweden is sure to add both convenience and good looks. Dial and cut-off switch are on the bottom. Easy to handle. In white, beige, green, ivory or blue. $39.95 with no ringer; $49.95 with buzzer; $59.95 with glow light and tweeter. Plus $1.50 post. Free Catalog. Grand Com, Dept. BH12, 324 5th Ave., N.Y.C. 10001.



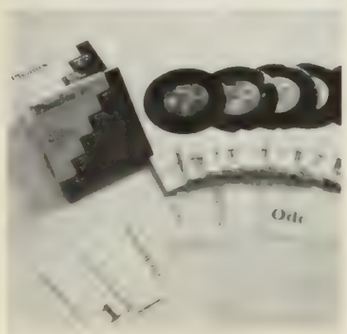
Go with all handbags

Looks so much more expensive than it really is. Blends perfectly with all your casual fashions. Purse is roomy, too, with 5 pockets—4 outside and one inside. Finest simulated leather. In choice of black, brown, red, navy, white, purple, tan, bone, green, yellow blue or gold. $5.95 ppd. Tex-Made, Dept. BHG12, P.O. Box 16125, Houston, Tex. 77022.



Improve your child's reading

Phonics 44 is the fastest, most thorough method of improving reading. Five step-by-step teaching games make learning fast and fun for kids. Each set has a record giving proper sounds and double deck card game with rules and spelling tips. $14.95 plus $1.00 postage. West-Berg Ent., P. O. Box 749, Dept. BHG12, Colorado Springs, Colo. 80930.



Crossword puzzle

All puzzle fans will find this 6' puzzle to be the ultimate challenge! You'll spend many happy hours trying to do this puzzle with its 1,972 definitions! Exciting and stimulating. A great gift for anyone with a really sharp mind. Relaxing—interesting too! $2.95 + 50c post. West-Berg Ent., Ltd., Dept. BH-12, Box 4749, Colorado Springs, Colo. 80930.



Crystal tree

Here's an ideal centerpiece for any occasion with artificial flowers on the party table, Christmas decorations, candles and other goodies. Holds hors d'oeuvres, candy, or jewelry. Tree stands 10" high and is made of sparkling clear polystyrene. A great conversation piece. $2.98 plus 60c post. Holiday Gifts, Dept. 412-W, Wheat Ridge, Colo. 80033.



Medallion Christmas card

Give a personalized gift to everyone on your gift list. A brass door plate comes enclosed in a custom gift card to announce your thoughtfulness. Plate has engraved letters in satin-finished solid brass. Card is crimson and gold on heavy stock. Plate is 7" x 1". $4.95 + 45c post. Spear Engineering, 3063 Spear Bldg., Colorado Springs, Colo. 80933.



Continued



Magazine Racks

These large handsome racks prevent "magazine mess". They're the most practical made. Magazines can't slouch or bend. Each is held straight and flat —visible for quick, easy selection. Beautiful in home, office or reception room. Beautifully finished & completely assembled, in satin smooth honey tone pine or maple, antique pine or walnut finishes. Also in complete easy 1-hr. kits, unfinished with pre-fitted, sanded parts—ready for fast, easy assembly. Simple instructions included. All kits shipped postpaid—On postpaid items add 80¢ each West of Miss.

Mag. Tree 12"x13"x30"H	holds 75 magazines	$21.95 Postpaid	Kit	$16.95
Wall Rack 23"x27"x5"D (illustrated)	holds 30 magazines	$21.95 Postpaid	Kit	$13.25
Wall Rack 24"x40" (taller than illus.)	holds 45 magazines	$33.95 Exp. Chgs. Col.	Kit	$24.25
Wall Rack 45"x27" (double width illus.)	holds 60 magazines	$34.50 Exp. Chgs. Col.	Kit	$23.75
Mag. Table 16"x21"x23"	holds 100 magazines	$22.95 Exp. Chgs. Col.	Kit	$17.95

SEND 25c FOR NEW 72-PAGE CATALOG—OVER 1200 ITEMS
Include Zip Code. Money Back Guarantee

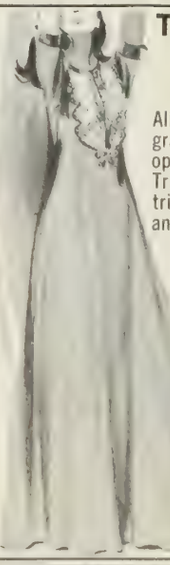
YIELD HOUSE
Dept. D12-2F, No. Conway, N.H. 03860



LIFE LONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed FREE. Lifetime polished stainless steel, complete with collar hook $1.00. Satisfaction Guaranteed.

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Colorado Springs, Colorado 80917



THE GOWN OF HER DREAMS

All femininity in a graceful sweep of opaque 100% Nylon Tricot. Lustrous satin trims sleeve, neckline and buttoned yoke, frosted with nylon lace. Washable. **Lt. Blue, Pink, Beige.**

Sizes S, M, L. $8
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Plus 70¢ post. Air Mail 50¢ addt'l.

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DRIP-DRY NYLON LACE TABLECOVER

with 3 colorful plastic liners—avacado, gold and hot pink. Available in 3 sizes 54" sq. $3.95; 54" x 72" or 54" rd. $4.95; 54" x 90"—$5.95 postpaid with money back guarantee. Send check or M.O. to: FRATEX HOME FASHIONS, BOX 775, MARION, OHIO 43302. Ohio res. add 4% tax. PROMPT SHIPMENT.

SAVE 33% to 75% ON THE RECORDS YOU WANT!

Now you can get all the records you want — *at rock-bottom discount prices*...discounts that start at 33⅓ off the list price and go all the way up to 75%! What's more, there's no club to join... no minimum order! Your records are delivered right to your door *fast!* It's by far the most economical and most convenient way to shop for records. Write for details today; **RECORDS UNLIMITED, Box 157, Harmony, Indiana 47863**

CHRISTMAS SPECIAL!

Baby's First Shoes
BRONZE PLATED IN SOLID METAL

Limited time only! 100% Money-back guarantee. Also Portrait Stands (as shown), ashtrays, bookends, TV lamps at great savings. **SEND NO MONEY!** Rush name and address today for full details, money-saving certificate and handy mailing sack. Write TODAY!

only $3.99 a pair



AMERICAN BRONZING CO., Box 6504-N2, Bexley, O. 43209

CURTAIN CHARM

With Ball Fringe on Unbleached Muslin



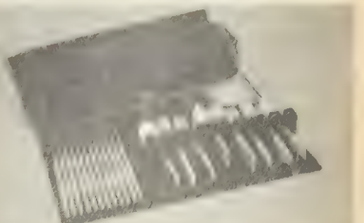
20", 25", 30", 36", 40" long **4.00 pr.**
2 pairs to window as shown **8.00**
45", 54", 63", 72" long **6.00 pr.**
81", 90" long **7.50 pr.**
All pairs 80" wide
MATCHING VALANCE 6" x 80" **1.75**

Please add 75¢ to each order for handling.

Order these UNBLEACHED MUSLIN curtains with all the original New England sweetness, warmth and handmade look for every room in the house. Practical, long-wearing, the cool white muslin curtains will retain their crisp appearance with a minimum of care.

Satisfaction guaranteed. Check or money order. No C.O.D.'s please. Write for brochure showing full line of curtains in many styles and fabrics. Mass. residents add 5% Sales Tax.

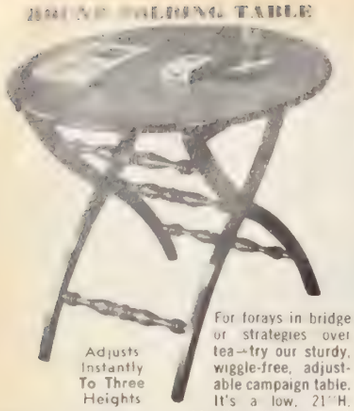
COUNTRY CURTAINS
Stockbridge, Mass. 01262 Dept. 123



Gorham Silverware Drawer Pads

... prefer to keep silverware ... absorbs all the ... eliminates ... at the top. ... 14" x 12", 2" ... 108 pcs. ... 14" x 14", 2" ... 120 pcs. ... $5.98 ... $6.98

HOLIDAY GIFTS
Dept. 412-E, Wheat Ridge, Colorado 80033



Adjusts Instantly To Three Heights

For forays in bridge or strategies over tea—try our sturdy, wiggle-free, adjustable campaign table. It's a low, 21"H. coffee table. Or a 23"H end table. Or a 25"H game & snack table. All in one. Folds tight to store. 24" dia. top. Of Pine, in Honeytone or Antique finish: **$29.95.** Our easy **KIT** to assemble & finish: **$19.95.** Postpaid. Add $1 West of Miss.

Send 25c for our new 72-pg. color catalog

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Sold In Our Stores
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YIELD HOUSE
Dept. D12-2D
North Conway, N.H. 03860



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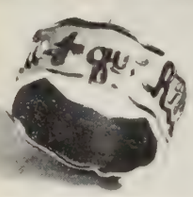
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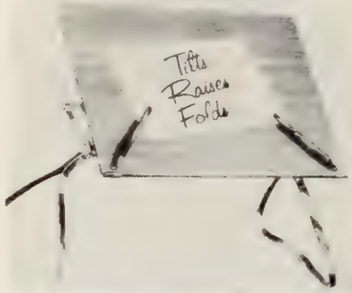
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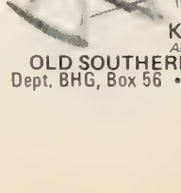
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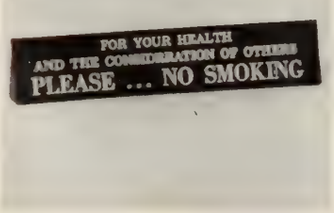
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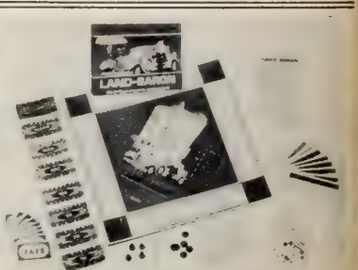
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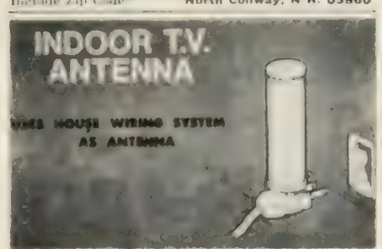
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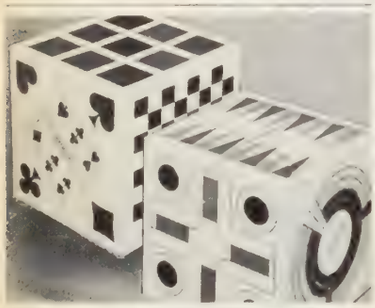
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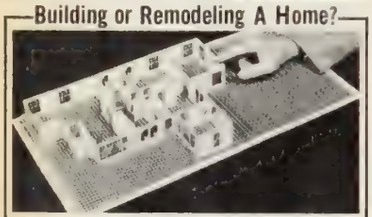
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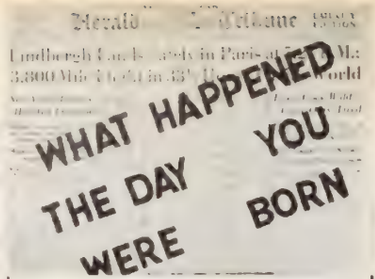
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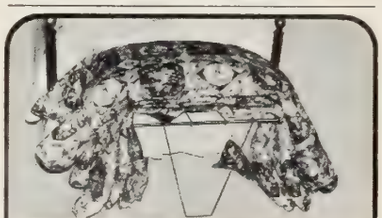
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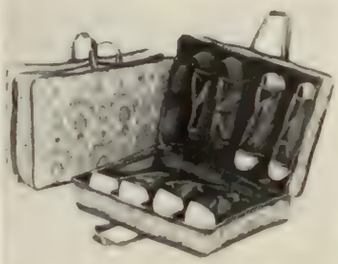
Colorful tiger print

Magnificent beast contrasts with striking red background to bring bold color into your decor. It's a most effective lithograph, done in rich browns, tans, golds, and red on real artist's canvas. Will cause a sensation wherever you hang it. 18″ x 24″. $2.98 plus 85c postage. Lambert Studios, Inc., Dept. BH-93, 910 North La Cienega Blvd., Los Angeles, Calif. 90069.



Shoe tote

Perfect for travel and for storage—this bag holds 8 pairs of shoes neatly. Handsome tapestry case looks smart—helps you be neat. Metal zipper on 3 sides lets it hang full-length in your closet, or folds flat when empty. 8 vinyl pockets hold one pair of shoes each. 19″ x 13″ x 6″. $5.98 ppd. Walter Drake, BH71 Drake Bldg., Colorado Springs, Colo. 80940.



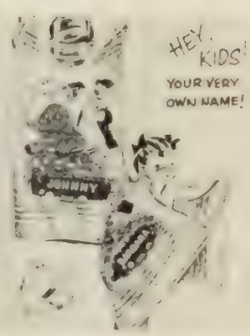
Electric sinus mask

Designed to relieve both upper and lower sinuses, electric mask applies heat where it is needed to help dry up congestion from colds and allergies. Three settings for moist or dry heat, adjustable head strap, washable flannel cover. You'll wonder how you ever lived without it. $9.98 + 65c post. Harriet Carter, BHG-1412C, Plymouth Meeting, Pa. 19462.



Personalized towel set

Kids will love bath time when they have towels printed with their very own name or nickname in big block letters. Bright hand-screened animal designs on towel and matching washcloth. Sanitary, too—there's no chance of towel mixup. Print name desired. 20″ x 40″ towel. $2.50 + 35c postage. Holiday Gifts, Dept. 412-K, Wheat Ridge, Colorado 80033.



Wretched mess calendar

For 1973, this calendar lists 427 special days and events that ordinary calendars completely ignore. For example: "Poor Wretched's Almanac," "George Birthington's Washday," "Dr. Spock Sucks His Thumb Day," and hundreds of other goodies. 8½″ x 11″: folded. $2.00 ppd., or three for $5.50. Order from Bruce Bolind, Dept. BHG-12, Boulder, Colorado 80302.





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The man next door

Psychologists contend you can tell a lot about a man's character by the way he dresses. Perhaps it's true for bachelors, but the way a lot of us look merely reflects the tastes of our wives.

It seems quaint to us that our ancestors used clamshells and beads for money, but then I wonder what they'd think about a wallet-full of little plastic cards.

Our 11-year-old Judy is learning in school how to be a better informed consumer. "Before you buy anything," she says, "make certain that it contains a minimum of 100 percent ingredients."

A popular craft these days is sawing off old bottles into drinking glasses. That gets rid of the old bottles; but now what do we do with all the glasses?

I doubt if literary circles would approve of my reading habits. I'm currently on pages 168, 93, 17, 249, 8, and 33 of six different books.

I really treasure my youngest child. She is the only one I still beat at checkers, yet sometimes I suspect her of cheating a bit in my favor.

The other evening my wife said she felt like having company. "Why don't we just mess up the living room?" she suggested. "Then somebody is sure to drop by."

So far I've resisted the trend toward artificial Christmas trees. I enjoy picking out just the right, perfectly shaped tree, bringing it home, and then listening to my family's discussion of what a dumb selection I made.

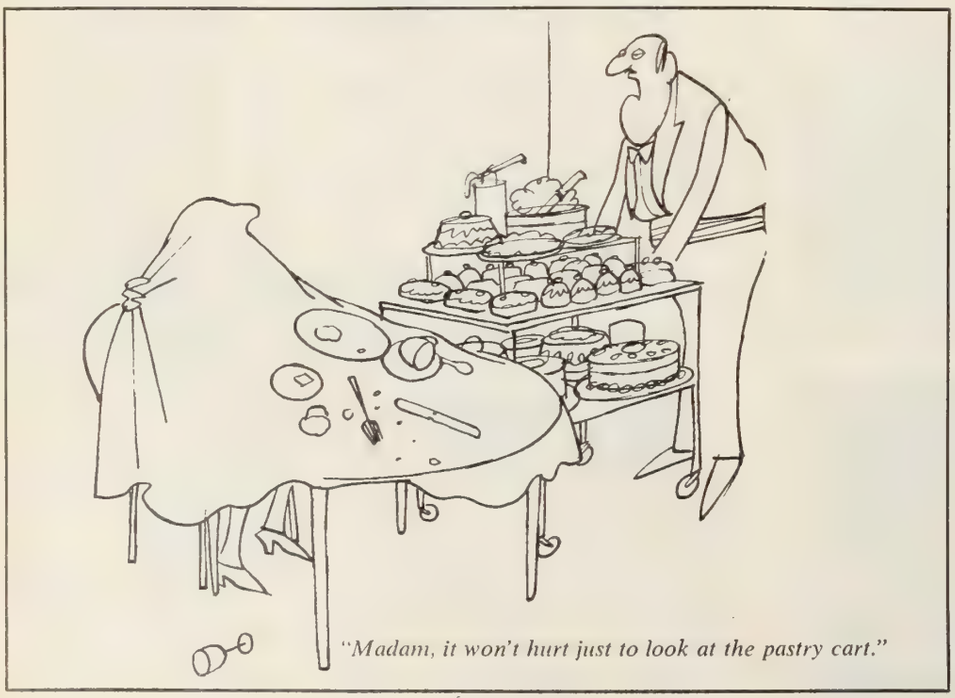
My wife says she could get along better with computers if only their letters and numbers looked like other people's.

The high school football team had a poor year, but Coach Art Conway says he doesn't see that the parents have any right to complain; they're the ones who failed to produce bigger sons.

I should think it would be difficult for children to place their faith in a Santa Claus with a nylon beard. In our day, his whiskers were good, believable cotton.

Ken Adams at the corner filling station says that among his customers are stockbrokers who predict market trends, a doctor who specializes in preventive medicine, and a lawyer who foresees tax problems. Yet it never occurs to any of them to have their snow tires put on until the day of the first blizzard.

Jack Francitta is remodeling his garage. Now that his children have all left home with their bicycles, science projects, toys, and canoes, he found he actually had space for his car.



"Madam, it won't hurt just to look at the pastry cart."



"OK, everyone in this house please stand advised that I, Thomas P. Thompson, have this date made a complete fool of myself in Sex Education class by repeating elaborate stories concerning storks told to me by certain parties residing herein."

A few weeks ago I stopped by the offices of Better Homes and Gardens to discuss a story I'd proposed. During the course of my stay, one of their editors mentioned that they would be celebrating their 50th anniversary with the December issue.

Although I hate to age myself, I have been reading BH&G for 25 of those 50 years. That represents 299 different issues (our August, 1954 copy, which would have been the 300th issue, was pirated in a predawn paper-drive raid last year).

Now you can't live 25 years with this kind of magazine without its having some effect on your life. Our house, for example, has undergone numerous remodeling changes, most of which were inspired by Better Homes and Gardens. It's gotten to the point where I'm ready to challenge any archaeologist to see if he can unearth any part of the original house.

But I wasn't always that skillful a do-it-yourselfer. Years ago, when my wife bought me a copy of BH&G's Handyman's Book, I wasn't sure whether she meant it as a mandate for future projects or a repair manual for past ones.

Not only our habitat but our eating habits have been changed. No other husband I know of can complain, "But dear, we just had 'Duck Mit Sauerkraut Fritztown' last week!"

Next to the food articles my wife's favorite section of the magazine is the furnishings department. I remember one year when a "Decorate with Paint" article inspired her to repaint our entry hallway. The next month she read an article on "How to Work Miracles With Wallpaper." We papered the entry. With the following month came still another story, "Panel Your Walls Pretty." If memory serves me right, I paid $45 for the paneling. Well that finally solved our decorating problem, but now what do I do about all those overweight and sagging walls?

Burton Hillis

